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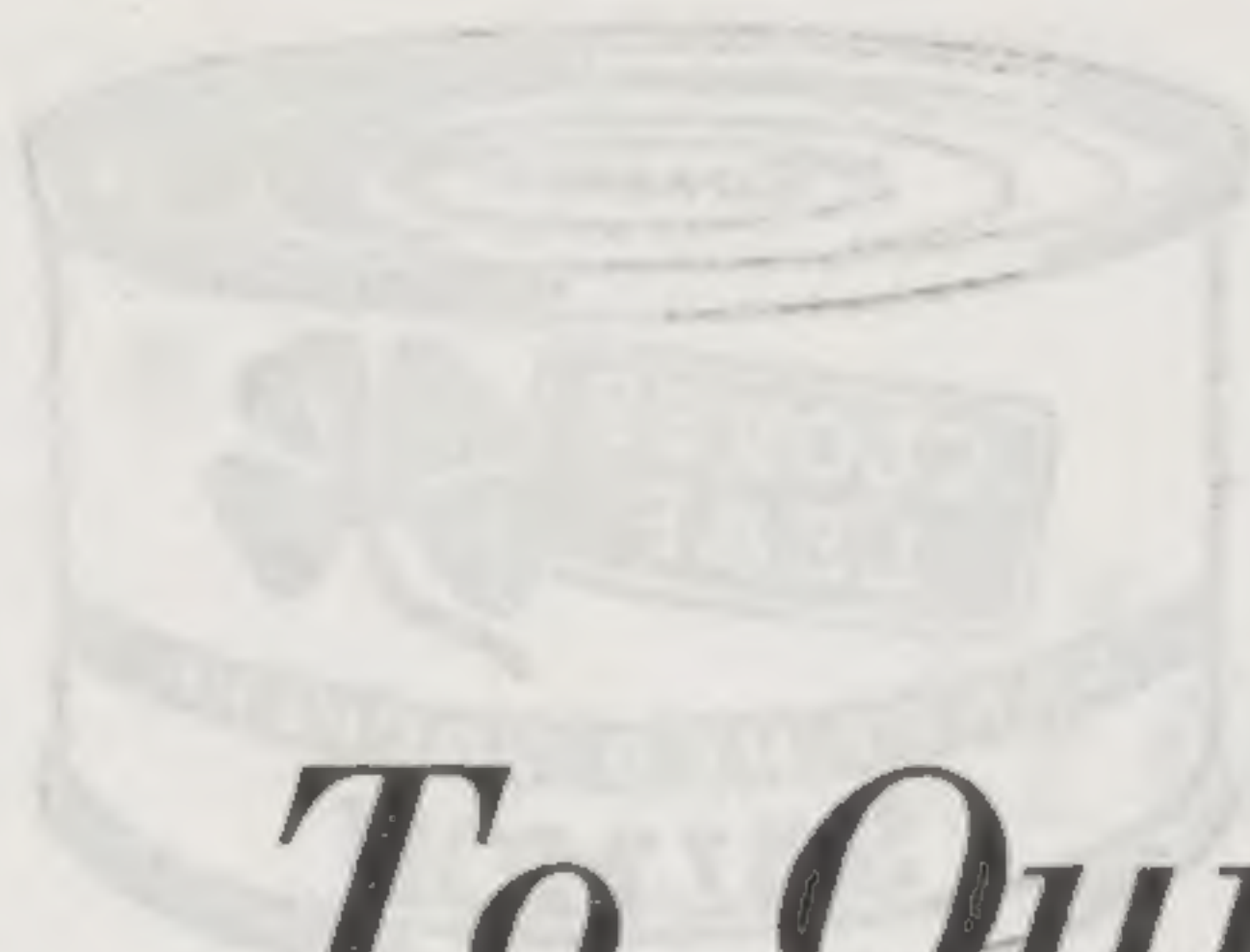
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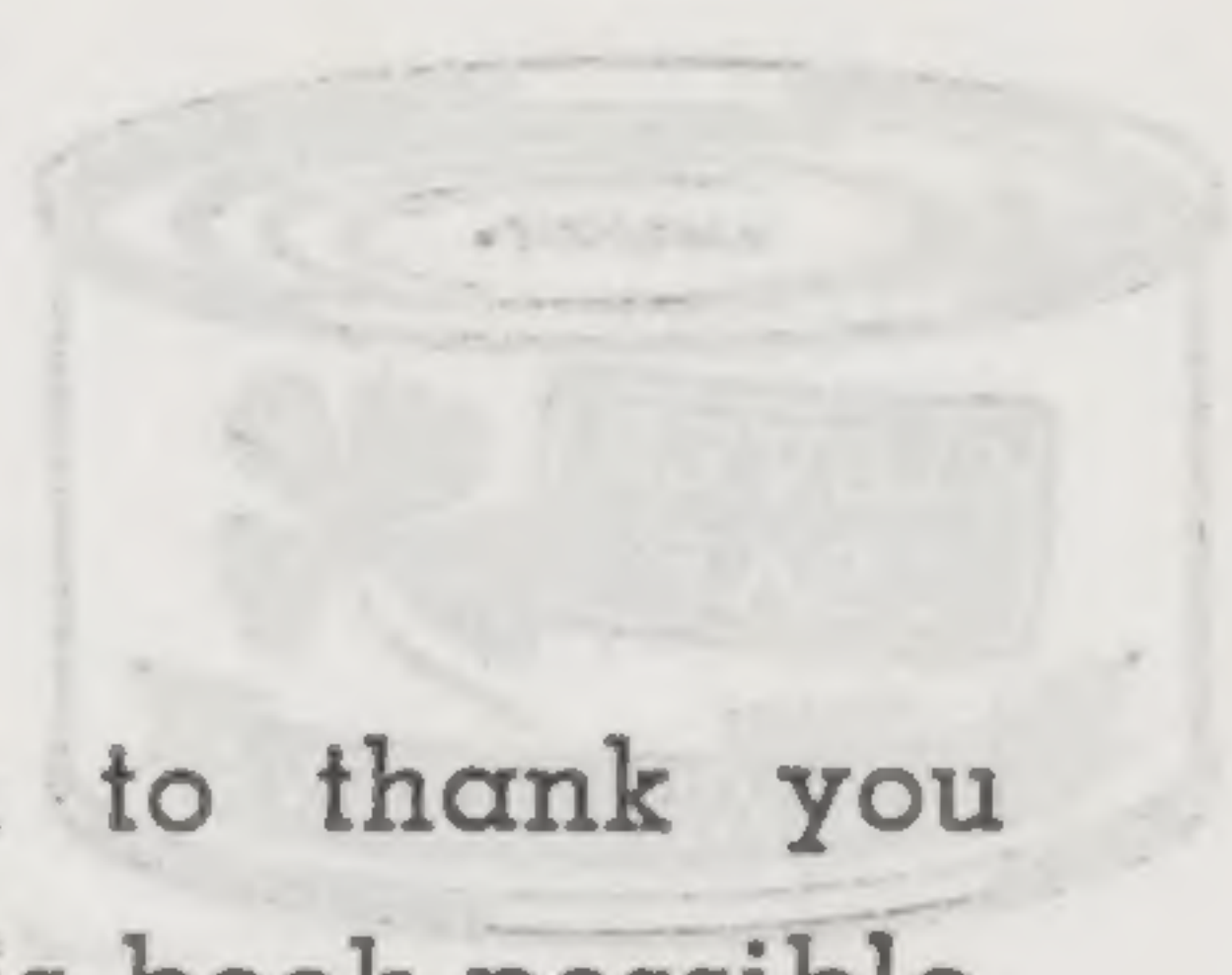
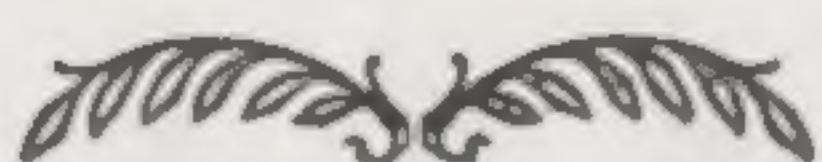
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At this time, also, our personal thanks to all those who assisted in the publishing of this book, and to the Hadassah Council for giving us the privilege of doing this worthwhile and interesting work.

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# *Hadassah*

# COOK BOOK

\* \* \*

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## *table of weights and measures*

4 ounces— $\frac{1}{4}$  pound  
 60 drops—1 teaspoon  
 3 teaspoons—1 tablespoon  
 4 tablespoons— $\frac{1}{4}$  cup  
 16 tablespoons—1 cup  
 $2\frac{1}{2}$  cups—1 Imperial pint  
 2 cups—1 pint  
 4 cups—1 quart

4 quarts—1 gallon  
 8 quarts—1 peck  
 4 pecks—1 bushel  
 1 gill— $\frac{1}{2}$  cup  
 8 tablespoons—1 gill or  $\frac{1}{4}$  pint  
 (American measure)  
 10 tablespoons—1 gill or  $\frac{1}{4}$  pint  
 (Imperial measure)  
 2 tablespoons—1 ounce

1 loaf bread (20 ounces)—4 cups soft  
 breadcrumbs  
 $4\frac{1}{2}$  cups pastry or cake flour—1 pound  
 4 cups general purpose or bread flour—  
 1 pound  
 $3\frac{2}{3}$  cups whole wheat flour—1 pound  
 5 cups rolled cereal—1 pound  
 2 cups rice—1 pound ( $\frac{1}{2}$  cup uncooked  
 rice cooks to  $1\frac{1}{4}$  cups)  
 2 cups butter or lard—1 pound  
 3 cups suet—1 pound  
 2 cups minced meat—1 pound  
 5 cups grated cheese—1 pound  
 $2\frac{1}{4}$  cups granulated sugar—1 pound  
 $2\frac{2}{3}$  to  $2\frac{3}{4}$  cups brown sugar—1 pound  
 (according to moisture content)

$2\frac{1}{2}$  cups powdered sugar—1 pound  
 $3\frac{1}{2}$  cups confectioner's sugar—1 pound  
 3 cups seedless raisins—1 pound  
 3 cups currants—1 pound  
 $2\frac{1}{2}$  cups seeded raisins—1 pound  
 1 square chocolate (or 4 tablespoons  
 grated)—1 ounce  
 3 teaspoons rind grated—1 lemon  
 (medium)  
 3 tablespoons lemon juice—1 lemon  
 (medium)  
 $\frac{1}{2}$  cup orange—1 orange (medium)  
 2 tablespoons rind, grated — 1 orange  
 (medium)  
 1 cup chopped nut meats— $\frac{1}{4}$  pound  
 (4 ounces)

All amounts mentioned in the recipes in this book are level measurements.

## *household hints*

1. Never beat egg whites in an aluminum pan as it is sure to darken them.
2. Heat lemons well before using and there will be twice the quantity of juice.
3. Add a small potato into soup if it has been salted too much.
4. To remove paint from glass, use hot vinegar.
5. Fish may be scaled more quickly if dipped in boiling water for a moment.
6. If eggs are placed in cold water for a short time before using they will whip easily.
7. Measure a cupful of whipped cream after it is whipped.
8. When cream will not whip, add the white of an egg — chill it and it will whip.
9. To economize on sugar when making jam, let the fruit boil for about ten minutes

- before adding sugar. Only about half of the usual amount of sugar will be needed.
10. A small bit of grated cheese rolled into the crust of an apple pie will give it a delicious flavour.
11. If a pie runs over in the oven, smoke and odor can be prevented by sprinkling salt over the spilled juice.
12. Dust a little flour or corn starch over a cake before icing it, and the icing will not run off.
13. Cheese wrapped in cloth wet with vinegar will keep fresh and free from mould.
14. If the pan in which the milk is to be boiled is rinsed with cold water beforehand the milk will not burn.
15. Salt will remove tea stains from china.
16. To substitute cocoa for chocolate, use 4 tablespoons cocoa and  $\frac{1}{2}$  tablespoon fat for each ounce of chocolate called for.



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## *tips and tricks of the trade*

1. Read a recipe right through before making it.
2. When a recipe calls for sour milk and it is not available, make it by using lemon juice or vinegar as follows: Place  $1\frac{1}{3}$  tablespoons white vinegar or  $1\frac{1}{2}$  tablespoons lemon juice in standard measuring cup. Fill to the one-cup mark with sweet milk.
3. To get rid of that onion odor on fingers or utensils after dicing or slicing, rinse, rub with salt, and wash thoroughly.
4. For a rich, golden, glazed finish on your pie, brush top crust with milk or egg yolk diluted with milk.
5. French fries made in the oven: Pare potatoes and slice in strips; dry. Place on large enclosed baking sheet or jelly-roll pan; sprinkle with salad oil. Bake in hot oven ( $450^{\circ}$ ) 45 minutes or until brown. Turn once or twice.
6. Unless cake flour is specifically mentioned in a recipe use all-purpose flour. One cup less two tablespoons all-purpose flour may be substituted for cake flour. But don't try the reverse.
7. Ratio of single and double-acting baking powder:  $1\frac{1}{2}$  teaspoons single-action baking powder equals 1 teaspoon double-action baking powder.
8. Tips when making stew: Use the liquid from a can of peas instead of water. About 15 minutes before serving add 2 or 3 tablespoons condensed tomato soup.
9. A room temperature orange gives more juice than a chilled one; room temperature egg whites yield a larger volume than cold egg whites; but chilled cream whips much better than cream at room temperature.
10. If potatoes turn dark when boiling, add a teaspoon of vinegar to the cooking water.
11. Table of measures (Canada):  
 60 drops equal 1 teaspoon.  
 3 teaspoons equal 1 tablespoon.  
 4 tablespoons equal  $\frac{1}{4}$  cup  
 4 tablespoons flour equal 1 ounce.  
 2 tablespoons sugar equal 1 ounce  
 2 tablespoons butter equal 1 ounce.  
 2 tablespoons salt equal 1 ounce.
12. When making single pie crust for custard or parfait pie: Before baking, fit two layers of wax paper over pastry and weight evenly with dry uncooked rice. This will prevent shrinking or puffing. Store rice to use again.



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# ***pickles***

## **WATERMELLON PICKLE**

Prepare watermelon rind. Remove skin and leave on just a little of the pink. Cut into squares of fancy shapes. Weigh rind. For 4 lbs. rind, make a lime-water solution of 1 tbsp. lime (calcium oxide bought at drug store), and 2 qts. cold water. Soak rind in lime-water to make rind firm. Drain. Cover with fresh water and cook 1 1/2 hours, or until tender. Add more water as needed. Drain. Put the following spices in a thin, clean white cloth and tie top tightly: 2 tbsps. whole allspice, 2 tbsps. whole cloves, 10 2-inch pieces stick cinnamon. Put the spice bag in a kettle with 1 qt. vinegar, 1 qt. water and 4 lbs. sugar. Bring to a boil. Add the rind and boil gently 2 hours, until rind is clear and transparent. Remove spice bag. Pack rind in clean, hot, sterile jars. Fill jars to top with hot syrup. Seal tightly. Makes 6 pints.

## **PICKLED WHITE ONIONS**

**Delicious**

4 quarts white medium onions (peeled)  
1 cup salt (coarse)  
1 1/2 quarts boiling water

Mix salt and boiling water and pour over onions. Let stand for 24 hours. Drain thoroughly and soak in fresh water for one hour, drain and put in sealers.

### **Brine:**

5 cups vinegar  
3 cups water  
2 cups sugar  
1/4 cup mixed spices

Bring to boil and pour hot over onions in sealers. Seal tightly.

## **BREAD AND BUTTER PICKLES**

6 quarts cucumbers (10 lbs.)  
1 lb. white pickling onions (large)  
2 red sweet peppers  
2 green sweet peppers

Slice very thin and soak for 3 hours in 16 glasses of cold water and 1 glass of coarse salt.

### **(Syrup) Brine:**

3 pints vinegar (white)  
5 cups sugar  
2 tbsps. mustard seed  
2 tsps. tumeric  
Bring to boil

Drain cucumber mixture, then pour brine over the cucumbers and put into sealers. Seal tight.

## **DILL PICKLES**

Wash small cucumbers and trim stem ends. Larger cucumbers may be used if desired and these may be cut or sliced or left whole.

In each quart sealer put with cukes:

2 or 3 bay leaves  
1 whole allspice  
1 whole black pepper  
1/3 red pepper (chillie)  
1 clove garlic  
Dill (lots) washed well

Make brine by adding 1 cup coarse (pickling) salt to 17 cups cold water. Pour over cucumbers and close sealers tightly. If making only a jar or two put one heaping tablespoon salt in each quart and fill with water (not too full). Shake jar well to mix.

These pickles are excellent and should keep well all winter. If desired green tomatoes instead of cucumbers may be used.

## **HOT MUSTARD**

Mix to paste—

2 tbsps. dry mustard  
1/2 cup sugar  
1 egg  
salt

Add 1/3 cup vinegar

Bring to boil. Store in refrigerator.

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### HOT DOG RELISH

Chop using coarse blade—

- 3 qts. cucumbers (15 med.)
- 1 qt. onions
- 3 sweet red peppers
- 3 green peppers

Cover with brine—

- $\frac{3}{4}$  cup pickling salt
- 2 qts water

Let stand overnight. Drain well

Add—

- 5 cups white sugar
- 1 qt. vinegar
- 1 tbsp. celery seed
- 1 tbsp. tumeric
- 2 tbsps. dry mustard

Bring to a boil. Mix in—

- 1 cup flour made into paste with
- $\frac{1}{2}$  cup vinegar

Cook until thick, stirring occasionally. Seal in sterilized jars.

If you have a lot of cucumbers, etc., in your garden this is a good way to use them. This relish compares favorably with the bought variety.

### GREEN TOMATO RELISH

Slice 20 large green tomatoes

Slice 10 large onions

Sprinkle with salt and let stand overnight

Drain

Mixed pickling spices (tied in cheese-cloth bag)

5 cups white sugar

1 quart vinegar

Bring vinegar to a boil. Add sugar and spices. Add tomatoes and onion. Cook until tender. Remove spices. Place in sterilized jars and seal. This is delicious with cold meat.

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### MARINATED MUSHROOMS

- 1 can small mushroom buttons
- $\frac{1}{4}$  cup juice from sweet mixed pickles
- 2 tbsps. vinegar
- $\frac{1}{3}$  cup Mazola oil
- $\frac{1}{4}$  tsp. each of: mustard, paprika, salt
- 1 tbsp. minced onion
- 2 tbsps. chopped stuffed olives
- 2 tbsps. chopped sweet mixed pickles

Boil mushrooms in their own juice for about 10 minutes. Drain.

Boil remaining ingredients for about 5 minutes and add the mushrooms, now boil together for additional 5 minutes. Remove from stove and allow to cool. Place in refrigerator for at least 5 days stirring once or twice so as to be sure mushrooms will be well marinated.

Just before serving take out mushrooms and insert a toothpick in each.





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## *jams*

### APRICOT JAM

4 cups apricots  
4 cups sugar  
 $\frac{1}{2}$  cup lemon juice

Let sugar and pitted apricots stand 4 to 5 hours. Bring to boil. Boil for 8 minutes. Add lemon juice. Boil 2 minutes longer. Put into sterilized jars.

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To make Sucaryl-sweetened jams, follow tested recipes for jams made by long-boil method without the addition of pectin.

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of sugar ordinarily used) until jam is of desired consistency. Pour the boiling jam hot into clean, hot jars. Long cooking sterilizes the fruit so that, with an air-tight seal, spoilage will not occur.

### APRICOT AND PINEAPPLE JAM

8 cups cut apricots  
 $\frac{3}{4}$  cup brown sugar  
 $4\frac{1}{2}$  cups sugar  
1 cup crushed pineapple  
 $\frac{1}{8}$  tsp. salt  
1 orange (optional)

Add all ingredients at once and cook slowly 30 to 35 minutes. Put into sterile jars.

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## RUM CHOCOLATE PIE

- 1 cup milk
- $\frac{1}{4}$  tsp. nutmeg
- 2 eggs, separated
- $\frac{1}{3}$  cup plus 1 tbsp. sugar
- $\frac{1}{8}$  tsp. salt
- 2 tsps. gelatine, dissolved
- 4 tsps. rum
- 1 9-inch pie crust, baked and cooled
- $\frac{1}{2}$  lb. milk chocolate
- 3 tsps. cold water
- 1  $\frac{1}{2}$  cups whipping cream, whipped firm
- $\frac{1}{2}$  tsp. pure vanilla extract

1. Heat milk and nutmeg in double boiler.  
2. Beat egg yolks,  $\frac{1}{3}$  cup sugar and salt until light. Pour the hot milk over the eggs, stirring well. Return to the double boiler and stir until thick. Remove from heat and stir in gelatin. Place the pan on cracked ice and cool the mixture.

3. Add 3 tsps. rum. When the mixture thickens, fold in beaten egg whites. Pour into pie shell, chill.

4. Place the chocolate and water in a double boiler. Stir until it melts. Cool slightly, add  $\frac{1}{2}$  the whipped cream and the remaining 1 tablespoon of rum.

5. To the remaining whipped cream add the 1 tablespoon sugar and vanilla extract, spread over the pie. Cover this cream layer with the chocolate mixture.

Yield: 6 to 8 servings.

## CHOCOLATE CAKE

- $\frac{1}{2}$  cup butter
- 1  $\frac{1}{2}$  cups white sugar
- 2 whole eggs
- 3 squares baker's dark chocolate
- 1 tsp. vanilla
- 1  $\frac{1}{2}$  cups sour milk
- 2  $\frac{1}{2}$  level tsps. baking soda
- 2 cups Swansdown flour

Cream butter and sugar well. Add eggs and beat well. Melt chocolate. Add to beaten ingredients. Lastly fold in sifted dry ingredients with the sour milk. Fold in vanilla. Bake at 325°F. for 40-45 minutes. Makes 2 9-inch layers.

## CRUMB CAKE

Mix:

- 2 cups flour
- $\frac{3}{4}$  cup oil
- 1 cup sugar

Remove 1 cup of mixture and set aside for topping. Stir into the remainder:

- 1 egg
- 1 cup sour cream
- 1 tsp. cinnamon
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. baking powder
- 1 tsp. baking soda
- 1 cup chopped dates
- 1 cup chopped walnuts

Mix well in mixmaster, adding dates and walnuts last. Place in utility pan and top with reserved crumb mixture. Bake for 1 hour at 350°F.

## CHOCOLATE CAKE WITH MIRACLE WHIP

- 1 cup white sugar
- 2 cups cake flour
- 2 tsps. baking soda
- 4 level tsps. cocoa
- 1 cup warm water
- 1 cup miracle whip salad dressing
- 1 tsp. vanilla

Sift dry ingredients together. Add water slowly. Mix well. Add salad dressing and vanilla. Bake at 350°F.

## QUEEN ELIZABETH CAKE

Pour one cup boiling water over one cup chopped dates and one teaspoon soda. Let stand.

- 1 cup sugar
- $\frac{1}{4}$  cup butter
- 1 egg
- 1 tsp. vanilla
- 1  $\frac{1}{2}$  cups flour
- 1 tsp. baking powder
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  cup nuts

Cream the sugar and butter, add beaten egg and vanilla. Sift together flour, baking powder and salt. Add to creamed mixture. Then add nuts. Add the date mixture and beat together. Pour into 9x12 pan. Bake 35 minutes in moderate oven.

**Icing:** Put in saucepan 5 tsps. brown sugar, 5 tsps. cream or evaporated milk and 2 tsps. butter. Boil 3 minutes and spread on cake. Sprinkle with coconut and nuts.



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## CHOCOLATE JELLY ROLL

- 6 eggs
- 1 cup white sugar
- 1 tbsp. cold water
- 1 cup Swansdown flour
- $\frac{1}{2}$  tsp. vanilla
- 2 tsps. baking powder

### Chocolate Mixture:

- 2 squares baker's chocolate
- $\frac{1}{4}$  tsp. baking soda
- 3 tbsps. cold water
- 2 tbsps. sugar

Line a large cookie sheet (one with sides) with wax paper. Preheat oven to 375°F. Beat eggs, sugar, water, vanilla. Add chocolate mixture, then add flour. Pour batter into pan. Bake for 20 minutes. Turn out on icing sugared towel. Cut sides off, let cool for five minutes, then roll up in towel. When cool, unroll. Fill with whipping cream and mashed apricots. Decorate.

## FILLED RAINBOW DELIGHT

A Chiffon cake sliced in 4 slices

3 fillings:

- (1) 1 cup thick raspberry jam
- (2) 1 cup cooked apricots
- (3) 1 cup drained crushed pineapple (tinted green)

To each filling add 1 pkg. gelatin dissolved with 1 tbsp. fruit juice. Chill for about an hour.

Whip  $1\frac{1}{2}$  pints of whipping cream with 6 tbsps. icing sugar. Now add 1 cup of whipped cream to each filling and use the remainder of cream to top the cake.

## BEST CHIFFON CAKE

First bowl. Sift together:

- 2 cups sifted cake flour
- $1\frac{1}{2}$  cups granulated sugar
- 3 tsps. baking powder
- 1 tsp. salt

Form a well and add:

- $\frac{1}{2}$  cup salad oil
- 7 unbeaten egg yolks
- $\frac{3}{4}$  cup cold water
- 2 tsps. vanilla
- Grated rind of 1 lemon

Mix with spoon until well blended.

Second bowl:

- 7 egg whites
- $\frac{1}{2}$  tsp. cream of tartar

Beat very stiff, very dry.

Pour first mixture gradually into second mixture, gently folding until well blended. Pour into 10-inch chiffon cake pan at once. Bake in moderate oven (325°) for 50 minutes; increase to 350° for last 10-15 minutes. Invert pan immediately and allow cake to hang free until cold.

## CHOCOLATE CHIP CAKE

Beat well 3 egg whites, then add  $\frac{1}{3}$  cup sugar.

Cream  $\frac{1}{2}$  cup butter and 1 cup sugar.

Sift 2 -  $2\frac{1}{4}$  cups cake flour,  $\frac{1}{2}$  tsp. salt and 3 tsps. baking powder.

Add flour mixture to butter mixture alternately with 1 cup milk.

Add  $1\frac{1}{2}$  tsps. vanilla and  $\frac{1}{2}$  cup shaved bitter chocolate (1 square).

Fold egg white mixture into flour mixture. Bake at 350°F. for  $\frac{3}{4}$  hour in 9 x 9 pan. Ice when cool.

### Icing:

Cream  $\frac{1}{2}$  cup butter

- 3 egg yolks
- 1 cup icing sugar

Melt 3 squares semi-sweet chocolate and spread on top of butter icing.

## FRUIT CREAM PIE

### Crust:

- $1\frac{1}{3}$  cups finely crushed Graham Wafers
- $\frac{1}{2}$  cup melted butter margarine

Mix loosely and pat firmly in pan, 12 x 8 pyrex or 12 inch pie plate. Bake 325°F. oven,  $\frac{3}{4}$  hour with meringue.

### Meringue:

- 4 egg whites
- $\frac{1}{4}$  tsp. salt
- 1 tsp. vinegar
- 1 cup sugar

Beat until standing in peaks. When cool, cover with drained Cocktail Fruit, size 28 oz. or 2 15-oz. sizes. Top with  $\frac{1}{2}$  pint whipped cream beaten with 2 tbsps. sugar. Chill for a few hours before serving.

## WHITE FRUIT CAKE

- 2 ounces blanched almonds
- $\frac{3}{4}$  pound sultana raisins
- 2 cups flour
- 1 cup sugar
- 6 eggs
- $\frac{1}{4}$  lb. mixed peel
- 1 lemon, juice and rind
- $\frac{1}{4}$  lb. candied cherries
- $\frac{1}{4}$  lb. candied pineapple
- $\frac{1}{2}$  lb. (1 cup) butter

Blend sugar and butter to a cream, then add 3 eggs, one at a time, beating for a few minutes after each egg. Then add the yolks of 3 eggs that have been well beaten. Beat for a few minutes before adding remaining ingredients. Dust the fruit well with flour, add flour and fruit, the lemon juice and rind, and lastly the well-beaten whites of three eggs. Fold in lightly but thoroughly. Bake in well-greased paper-lined pan about two hours in slow oven, 250-300°.

—Mrs. G. Kesselman.



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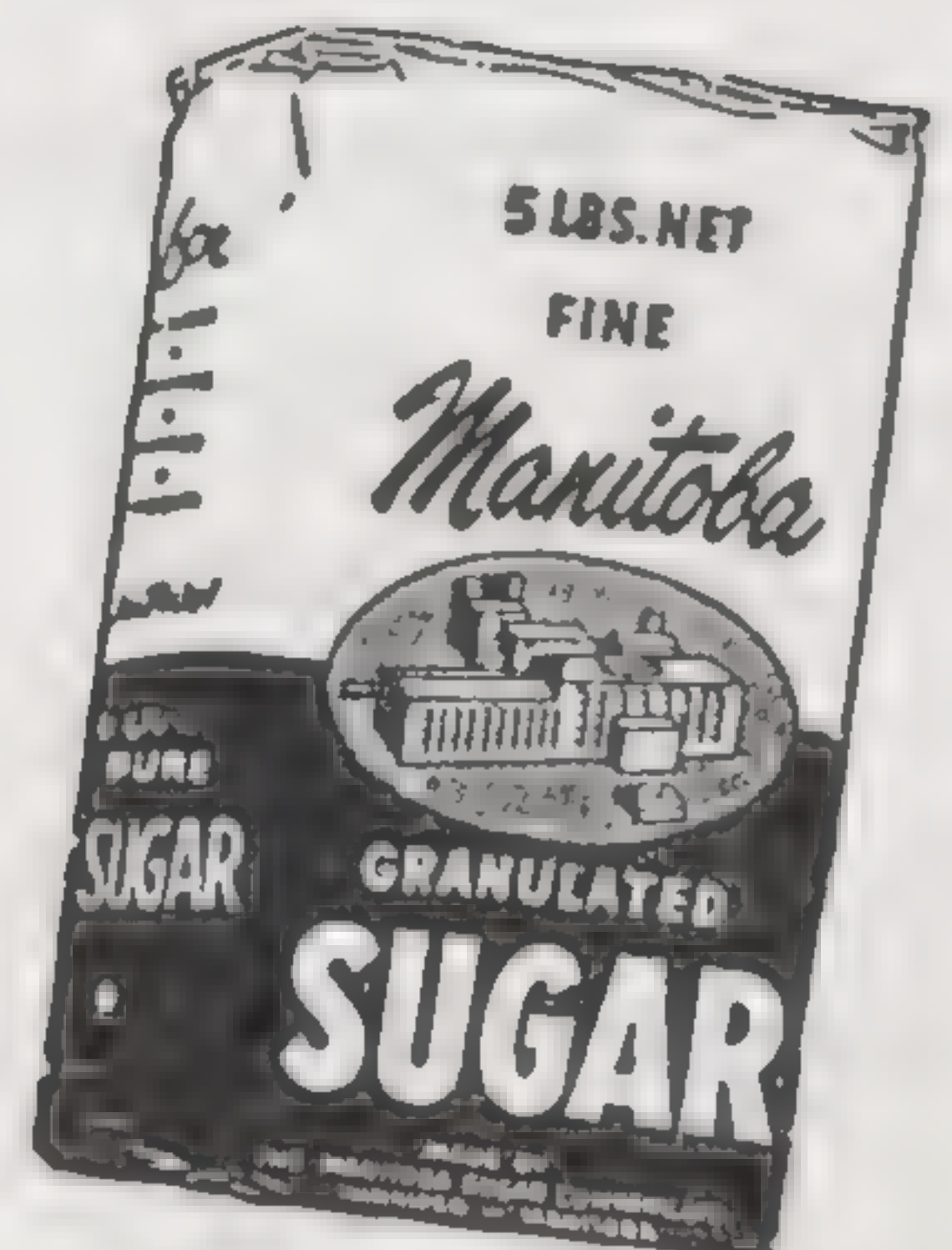
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## LEMON BUBBLE LOAF

Start about 3½ hours ahead.

### 1—Scald:

1 cup milk —then add:

½ cup sugar

1 tsp. salt

¼ cup butter

Cool until lukewarm.

2—In large bowl put ½ cup very warm water. Sprinkle 2 pkgs. dry yeast and stir until dissolved. Then stir in milk mixture:

2 beaten eggs

3 cups flour

Beat together until smooth.

3—Now into dough stir 2½ cups more flour or enough to make soft dough so that it cleans side of bowl. Now flour board and knead until smooth and elastic (until small blisters form under surface).

4—2 tbsps. butter for spreading

### 5—Lemon mixture:

Rind of 2 lemons

½ cup sugar

¼ tsp. mace

Let rise in oiled bowl for about 45 minutes until double; then punch down. Turn dough on floured board and let rest 10 minutes. Cut dough in half; each half into 16 equal pieces. Make balls and place in large angel cake tin. Brush with melted butter, sprinkle with half of lemon mixture, make second layer and sprinkle with remaining lemon mixture. Let rise in warm place 45 minutes or until doubled. Bake at 300°F. for about 35 minutes or until done. Cool in pan for 5 minutes, then turn out of pan.

## TURKISH DELIGHT ICE BOX CAKE

Line glass baking dish with whole Graham wafers. Roll out ¼ lb. colored Turkish delight until paper thin, using icing sugar to prevent sticking to pastry board. (I try to use one color for the whole cake.) Whip not too stiffly 1 cup whipping cream, add 2 tbsps. icing sugar, vanilla and mix well. Spread layer of cream mixture over wafer, then layer of Turkish delight, spread cream over this then layer of crushed wafers, thus alternating mixtures until all is used up, finishing with cream. Sprinkle crushed wafers over top and place in refrigerator over night.

## DATE SPICE CAKE

Cut into small pieces 1 cup dates. Pour over them 1 cup boiling water or coffee. Cool these ingredients. Cream 3 tbsps. butter, 1 cup sifted sugar. Stir in: 1 beaten egg, 1½ cups sifted flour and 2 tbsps. baking powder. ¾ tsp. nutmeg, ¼ tsp. salt, ¼ tsp. soda. Add the sifted ingredients to the sugar mixture in about 3 parts alternately with thirds of the date mixture. Beat the butter well after each addition. Fold in 1 cup raisins, 1 cup nuts (walnuts). Bake in a greased 9" loaf pan in a slow oven 325° for about 45 minutes.

—Lill Fisher.

## HUNGARIAN CAKE

½ cup butter

2 cups cake flour

⅔ cup milk

½ cup finely chopped nuts

1 cup sugar

2 tbsps. baking powder

3 egg whites

Cream butter and sugar until they are light and fluffy. Sift the flour, then measure and sift once more with the baking powder. Add to the butter mixture alternately with the milk. Dredge the nuts with 2 tbsps. flour and stir them in, then fold in the stiffly beaten egg whites. Put in two 9 inch pans lined with wax paper and bake in a moderate oven (375°) for about 30 minutes. Ice with the following icing:

4 squares of chocolate

3 egg yolks, beaten

½ cup butter

2 tbsps. water

1¼ cups icing sugar

Melt the chocolate over warm, not hot water, and add the water. Stir until it blends, then add the beaten egg yolks and the sugar. Remove from the fire, but let the mixture stand over hot water until it thickens slightly. Stir it constantly to prevent lumping. Remove the top of the double boiler and fill the lower part with cold water. Cool the chocolate mixture quickly to lukewarm. Then add the butter a little at a time, stirring and beating until icing thickens. Spread on cake when right consistency. Put between cakes and over sides.

## ALMOND AND COCONUT CAKE

1 cup sifted cake flour

1 tsp. baking powder

2 eggs

1 cup sugar

½ cup milk

1 tbsp. butter

1 tsp. vanilla

Start oven at 350°. Grease a 9 inch pan. Sift the flour with baking powder. Beat eggs until thick and foamy, then gradually beat in the sugar. The more you beat at this step the lighter the cake. Heat the milk and butter together until hot (not boiling), then add the vanilla extract.

Now add the flour to the egg mixture and mix thoroughly, then add the hot liquid and stir long enough to mix but no longer. Pour batter into pan and bake 30 minutes. Cool and cover with this delicious

### Broiled Frosting

Heat 3 tbsps. of butter with 3 tbsps. light cream over a low heat until butter is melted. Then stir in ½ cup brown sugar and ¼ cup shredded coconut. Spread over the warm cake, sprinkle top with ¼ cup cut blanched almonds and broil as far below the broiling element as possible, until the icing starts to bubble and turns slightly brown. Watch very closely at this point so that it does not get too brown.



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### PINEAPPLE ICE BOX CAKE

#### 1st Layer:

12 double Graham wafers, crushed

#### 2nd layer:

$\frac{1}{2}$  cup creamed butter  
 $1\frac{1}{2}$  cups icing sugar  
2 beaten eggs

Beat 2nd layer till creamy.

#### 3rd Layer:

$\frac{1}{2}$  pt. whipping cream sweetened to taste

#### 4th Layer:

1 can crushed pineapple  
(well drained)

Dab it on in small amounts all over the surface of the cake so it is evenly distributed.

#### 5th Layer:

6 double Graham wafers, crushed

Use a square 8x8 greased cake tin. Place in fridge and chill at least 12 hours. Cut in squares and serve garnished with whipped cream is desired.

### SOUR CREAM CHOCOLATE CAKE

3 squares bitter choc.  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  cup shortening  
 $1\frac{3}{4}$  cups sugar  
1 cup sour cream  
2 cups sifted flour  
1 tsp. soda  
 $\frac{1}{2}$  tsp. salt  
 $1\frac{1}{2}$  tsps. vanilla  
3 eggs

Place chocolate and water in sauce pan over low heat, stir until chocolate is melted and thick. Remove from heat. Cream together the shortening and sugar, add eggs 1 at a time and mix well. Sift dry ingredients together and add alternately with sour cream and melted chocolate to creamed mixture. Add vanilla. Bake in 8" x 12" pan, 20 min. at 325 degrees and then turn heat to 350 degrees until cake tests done. Approximately 15 minutes more. Ice with desired frosting.

—Elaine Kluner.

### CHOCOLATE TORTE

Slice a pound cake into 4 layers and fill.

#### Filling:

1 pkg. dream whip  
 $1\frac{1}{4}$  cups milk  
1 instant chocolate pudding

Whip. Fill and frost with filling and decorate with slivered almonds.

—Estrid Mandel.

### MARASCHINO CHERRY CAKE

2 cups flour  
1 cup sugar  
 $\frac{3}{4}$  cup butter  
1 cup sour cream or sour milk  
1 tsp. baking soda  
2 eggs  
 $\frac{1}{2}$  cup Maraschino cherries  
(cut in quarters)  
1 tsp. vanilla

Cream butter and sugar, add eggs, beat well, then add sour milk to which baking soda has been added, alternately with the flour, add vanilla and lastly fold in the cherries. Bake in a well greased pan. Ice with white icing and trim with Maraschino cherry.

#### Icing

4 tbsps. butter, cream well. Add gradually and mix well  $\frac{1}{4}$  cup icing sugar. Add 1 egg and mix well. Now add enough icing sugar to make a smooth icing. Add 1 tsp. vanilla.

### QUICK TO BAKE CHEESE CAKE

1 8-oz. cream cheese  
1 16-oz. can crushed pineapple  
1 pkg. dream whip  
 $\frac{1}{2}$  cup icing sugar

Prepare 1 pie crust of graham wafers and butter, line bottom of 8 by 8 pan. Save  $\frac{1}{2}$  cup of mixture for top. Bake at 325° for 10 minutes.

Beat one package dream whip or Rich's whip. Cream 1 8-oz. pkg. cream cheese with  $\frac{1}{2}$  cup icing sugar. Add 1 16-oz. tin drained crushed pineapple. Fold pineapple and cream cheese into dream whip. Empty into graham wafer crust. Dust top with remaining crumbs. Refrigerate, serve with favorite topping.

—Vivian Segal.

### SOUR CREAM COFFEE CAKE

$1\frac{1}{2}$  cups sifted all purpose flour  
1 tsp. baking soda  
 $\frac{1}{2}$  tsp. salt  
 $1\frac{1}{2}$  tsps. baking powder  
4 tbsps. butter  
 $1\frac{1}{2}$  cups brown sugar  
2 eggs  
 $\frac{1}{2}$  pt. dairy sour cream  
1 tsp. cinnamon

$\frac{1}{2}$  cup finely chopped pecans (optional)

Preheat oven to 350°. Line bottom of 10-inch angel cake pan with aluminum foil. Butter foil. Sift, then measure flour; resift with baking soda, salt and baking powder. Cream butter and one cup brown sugar until light. Add eggs one at a time, beating well between each addition. Add flour mixture small amt. at a time alternately with sour cream. Place half batter in pan. Combine  $\frac{1}{2}$  cup brown sugar with cinnamon and nuts. Sprinkle  $\frac{1}{2}$  over batter. Top with remaining batter and sugar cinnamon mixture. Bake 45 to 50 minutes or until cake springs back when lightly touched. 8-10 servings.

—Maurene Cohen.



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### BANANA CAKE

- 1 1/4 cups sugar
- 1/2 cup butter
- 2 eggs
- 1 tsp. soda
- 4 tbsps. sour cream
- 1 cup mashed, well ripened banana
- 1 1/2 cups pastry flour
- 1 tsp. vanilla

Cream butter and sugar, add eggs. Add baking soda to sour cream and beat slightly. Add banana to cream and add to butter mixture. Add flour and vanilla and mix well. Put in a buttered 9x9 pan and in a 350° oven. Use your favorite white icing.

### TROPICAL FRUIT TORTE

- 1 20-oz. can crushed pineapple
- 2 tins mandarin oranges
- 1 pkg. colored miniature marshmallows
- 1 pt. sour cream
- Chocolate wafers

Line springform pan with whole chocolate wafers. Drain pineapple and oranges very well. Mix in large bowl with marshmallows and sour cream. Pour into pan. Cover with crushed chocolate wafers. Refrigerate. A quick and delicious dessert.

—Bev. Binder.

### CHOCOLATE TORTE

- 1/2 lb. butter
- 1 1/4 cups white sugar
- 3 heaping tbsps. cocoa
- 1 cup flour
- 3 eggs
- 1/2 cup crushed nuts
- vanilla

Cream butter and sugar, add eggs, then dry ingredients, and pat into a greased 13x9 pan. Bake 20 minutes in 350° oven.

Mix 1/2 lb. dessicated coconut with 1 tin of sweet condensed milk. Spread this on base after baking, and bake another 10 to 15 minutes. Ice with the following icing:

One square baking chocolate melted. Add 1 tbsps. butter, 1 cup sifted icing sugar. Add a little cream to make a smooth icing. Spread on cake while still warm. Cut in squares.

### TURKISH DELIGHT TORTE

- 1 cup butter
- 1 egg yolk
- 1 cup flour
- 3 tbsps. sugar

If too thick a few drops of milk may be added.

Mix well and pat into a 9x9 pan (greased). Lay on this base Turkish delight which has been cut in thin pieces (use all one color). Cover with the following:

Beat 4 egg whites until stiff, add gradually 1 cup icing sugar and continue to beat. Grate in 1 lemon and juice. Fold in 1 cup blanched, finely slivered almonds. Put this over Turkish delight and bake in at 325° oven until done (about 1/2 hour).

### CHIP CHOCOLATE TORTE

- 1/3 cup butter
- 1/4 cup white sugar
- 1/4 cup brown sugar
- 2 egg yolks
- 1/2 tsp. vanilla
- 3/4 cup flour
- 1 tsp. baking powder

Cream butter and brown and white sugar. Add beaten egg yolks, flour sifted with baking powder. Add vanilla. Pat in bottom of pan and sprinkle 3 squares of semi sweet chocolate chipped in little pieces. Beat 2 egg whites stiff, fold in 1 cup brown sugar, 1 cup shredded coconut. Spread over the chipped chocolate and bake in a slow oven for about 25 minutes or until done.

### CARROT TORTE

- 5 eggs, separated
- 1 heaping cup plus 2 tbsps. sugar
- 2 cups plus 2 tbsps. chopped almonds
- 2 cups raw, grated, fine carrots
- grated rind of 1 lemon
- 1 tbsps. rum
- 1/3 cup potato flour

Beat egg yolks with sugar. Add almonds, carrots, rind, rum and flour. Fold in beaten egg whites. Bake in 9 inch spring form for 15 minutes at 350°. Turn heat down to 325° and bake additional 45 minutes. Remove and cool. Ice with lemon icing.

—Becky Feldman

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# cookies and dainties

## BON BONS

- 2½ cups finely crushed packaged vanilla wafers
- 1 cup confectioner's sugar
- 2 tbsps. cocoa
- 1 cup finely chopped walnuts
- 3 tbsps. corn syrup
- ¼ cup bourbon

1. Mix together the crushed wafers, sugar, cocoa and nuts. Add the corn syrup and bourbon. Mix well.

2. Mold into 1-inch balls and roll in confectioner's sugar.

Yield: 3½ dozen balls.

## TURKISH DELIGHT DAINTY

- 2 cups flour
- ½ pound (1 cup) butter
- 7 tbsps. sour cream

Cream butter, add sour cream, and lastly flour. Chill in refrigerator overnight.

### Filling

- Toasted almonds (crushed)
- Jam
- Turkish delight

Divide dough in six parts. Roll very thin. Spread with jam, then almonds, then diced turkish delight. Roll up and bake in moderate oven (325-350°) until nicely brown. Cut slices as needed.

—Mrs. M. Thow.

## CINNAMON TWISTS

- 1 cup sour cream
- Bring to a boil and add:
- 2 tbsps. butter
  - 4 tbsps. sugar
  - ⅛ teaspoon soda
  - 1 tsp. salt

Cool to lukewarm and add:

- 1 egg
- 1 pkg. dry yeast dissolved in ½ cup lukewarm water

Mix in:

- 3½ cups flour to make soft dough.

Knead a few seconds to form a ball, cover with damp cloth and let stand 5 minutes. Roll one-quarter inch thick and 24 by 6 inches. Spread with 2 tbsps. soft butter. Sprinkle half of dough the long way, with ½ cup brown sugar mixed with 1 tsp. cinnamon. Double dough over and seal. Cut in 24 one-inch strips. Twist and press on greased pan. Let rise two hours. Bake in moderate oven (350°) until lightly brown. Ice while warm with mixture of icing sugar, few drops of vanilla, and water.

—Mrs. J. M. Bernstein.

## SOUR CREAM DATE DREAMS

- ¼ cup butter
- ¾ cup brown sugar
- ½ tsp. vanilla
- 1 egg, well beaten
- 1¼ cups flour
- ½ tsp. soda
- ¼ tsp. baking powder
- ¼ tsp. salt
- ½ cup sour cream
- ¼ tsp. cinnamon
- ⅔ cup chopped dates

Thoroughly cream butter, sugar, and vanilla. Add egg, mix well. Sift together dry ingredients. Add to butter mixture alternately with sour cream. Stir in dates. Drop from teaspoon onto greased cookie sheet. Top each cookie with walnut half. Bake in hot oven (400°) about ten minutes. Makes about 3 dozen.

## COCONUT FINGERS

- 1½ cups sifted all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- 1 cup lightly packed brown sugar
- 5 tbsps. butter
- 2 eggs, separated
- ½ cup granulated sugar
- ½ tsp. vanilla
- ½ cup cut, shredded coconut
- ½ cup chopped filberts

Sift flour, baking powder, and salt together 3 times. Mix in ½ cup of the brown sugar, rub in butter with fingertips; mix in unbeaten egg yolks. Turn into lightly greased 9-inch square pan and pat down firmly. Beat egg whites stiff but not dry; gradually beat in granulated sugar and remaining half-cup brown sugar. Fold in vanilla, coconut and filberts. Spread meringue over dough in pan. Bake in 325° oven 35-40 minutes. Leave in pan until cold and then cut in 9 strips and each strip in 6 pieces. Yield: 4½ dozen.

## BANANA SLICE

- 1½ cups flour
- ⅔ cup flour
- 1 tbsp. brown sugar
- 25 large marshmallows
- 1 banana (mashed)
- 15 maraschino cherries (chopped)

Combine first three ingredients as for shortbread. Pat into 8 by 8 pan and bake at 325° for 15 minutes.

Melt marshmallows in double boiler and remove from stove. Add mashed banana and cherries. Spread over shortbread. When cool ice with butter icing.

—Karen Wise.



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## LEMON SQUARES

- 1/4 cup butter
- 1 cup brown sugar
- 1 cup flour
- 1/2 tsp. baking soda
- 1 cup shredded cocoanut
- 10 soda crackers
- vanilla

### Filling

- 1 cup sugar
- 1 cup cold water
- 1 egg
- juice of 1 lemon
- 2 tbsps. cornstarch dissolved in cold water
- 1/2 cup butter

Cook ingredients for filling in double boiler until thickened. Cool.

Grind or roll out crackers until fine. Cream butter and sugar and then mix all ingredients together with fingers and pat half the quantity in bottom of pan (well greased), put in filling and sprinkle the remainder of mixture over the filling and bake in a moderate oven.

## SNOWBALLS

- 1 cup soft butter
- 1/2 cup sifted icing sugar
- 1 tsp. vanilla
- 2 cups flour
- 3/4 cup chopped pecans

Cream butter thoroughly, sift in sugar gradually and cream well. Sift flour and measure and add, blend well. Add nuts and vanilla. Chill dough in fridge for several hours. Shape into small balls or crescents, with hands, handling as little as possible. Place 2 inches apart in ungreased cookie sheet in 400° oven for 10 minutes or until set but not brown. While still warm roll in icing sugar (additional). Substitute rum flavor for vanilla if desired.

## WALNUT DAINTIES

- 7 tbsps. soft butter
- 1 tbsp. bar sugar
- 1 tsp. vanilla
- 3/4 cup chopped walnuts
- 1 cup flour

Cream butter and sugar, add vanilla, then sift in flour 1/2 cup at a time, add walnuts. Mix thoroughly. Form into little cylinders and bake in 300° oven until set only, not brown.

## FRUIT BALLS

- 1/2 lb. cocoanut
- 1/2 lb. almonds
- 1/2 cup maraschino cherries
- 1 egg
- 1/4 cup fruit sugar

Grind first three ingredients. Beat egg slightly and add sugar. Mix all together and form into balls. Roll in ground nuts and chill. No baking.

## FILLED HORNS

- 3/4 cup thick jam
- 1 cup butter
- 2 1/2 cups flour
- 1 whole egg
- 2 egg yolks
- 4 tbsps. water
- 2 egg whites
- 1/4 cup finely chopped almonds

Rub butter into flour with finger tips, stir in egg yolks and whole egg and gradually add water. Work dough until perfectly smooth. Chill in refrigerator for 3 hours. Make small balls and roll out on floured board very thin, 4 inches in diameter. Fill with 1 tbsp. jam, roll into half moons. Brush tops with egg whites, sprinkle with chopped almonds. Bake in 350° oven for 15 minutes.

## HEDGEHOGS

- 2 cups shelled walnuts
- 2 cups shredded cocoanut
- 1 cup dates
- 1 cup brown sugar, well packed
- 2 unbeaten eggs

Grind nuts and dates. Mix 1 1/2 cups cocoanut with remaining ingredients. Mix thoroughly. Scoop up by teaspoonful and shape into a small sausage, roll in cocoanut. Bake on greased pan 10 to 12 minutes in 350° oven.

## FRUIT ROCKS

- 2 cups dates
- 2 cups walnuts
- 1 cup cherries
- 2 tbsps. butter
- 1 cup sugar
- 2 eggs
- rind of 1 lemon

Beat eggs, sugar. Add butter. Add remaining ingredients and mix well. Shape like a ball, roll in cocoanut. Bake 20 minutes in medium oven.

—Becky Feldman.

## BUTTER-NUT COOKIES

- 1/2 cup butter
- 1/4 cup sugar
- 1 egg (separated)
- 1/2 tsp. vanilla
- 1/4 tsp. salt
- 1 cup cake flour
- 1 tbsp. lemon juice
- 2 tbsps. grated orange rind
- 1 tbsp. grated lemon rind
- 1/2 cup finely ground almonds
- glaze cherries

Cream butter and sugar, mix in egg yolk and flavoring. Beat well. Add dry ingredients. Chill in a covered bowl. Roll into tiny balls, dip in slightly beaten egg white and roll in the ground nuts. Place 1 in. apart on cookie sheet lined with foil. Put 1/2 a glaze cherry on top of each. Bake at 350°F. for 20-25 min.

—Deanne Spiegel.





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### CHOCOLATE DATE BROWNIES

- 2 squares unsweetened chocolate (melted)
- 1/2 cup flour
- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1 cup chopped dates
- 1/2 tsp. vanilla

Melt chocolate, sift flour. Cream thoroughly butter and sugar, add eggs one at a time and beat. Blend in melted chocolate, and then the flour. Add chopped dates and vanilla and mix well. Spread in greased shallow pan. Bake in a 350° oven for 30 minutes. Cut in squares.

### SAVORY CHEESE FINGERS

- 1/2 lb. Old English cheese
- 2 tbsps. chili sauce
- 1 egg white, beaten stiff
- bread finger, 1x2 inches (about 3 dozen)
- salt
- 1 tbsp. minced onion

Grate cheese, using fine grater, add salt and chili sauce, fold in stiffly beaten egg white. Spread on bread fingers. Chill one to two hours. Bake in a moderate oven (375°) about 15 minutes or until cheese is puffy and lightly browned.

### ANGEL DELIGHT

Put 1 lb. marshmallows in a deep bowl. Drain medium can of crushed pineapple. Pour juice over marshmallows and let stand over night. Next morning beat until creamy, then add pineapple pulp, 1 cup chopped walnuts, 1 pt. whipped cream, 2 tbsps. sugar, pinch of salt. Mix well. Put in trays or leave in bowl and set into freezing compartment for 3 hours. Served in glasses topped with maraschino cherries.

### SESAME SEED NOTHINGS

- 3 eggs
- 1 tsp. Sucaryl (liquid)
- Pinch of salt
- 1/2 cup oil

Beat for 5 minutes, add 1 cup flour, beat for 5 minutes.

Put sesame seeds on flat plate, drop teaspoonful of dough into seeds, roll in seeds and twist.

Bake in preheated oven 450° for 10 minutes. Shut off oven and let dry for 1 hour.

This should make 23 to 26 nothings.

### CHOCOLATE CHIP BARS

- 1/3 of 1/4 lb. butter — Melt in 8" pan.
- Add
- 1 cup graham crumbs (spread in pan)

Sprinkle:

- 1 cup choc. chips
- 1 cup cocoanut
- 1 cup chopped pecans

Pour 1 tin sweetened eagle brand milk on top.

Bake in 350° oven for 1/2 hour.

—Faye Marr.

### ALMOND COOKIES

- 1 cup butter or margarine
- 1 cup sugar
- 1 egg, beaten
- 3 tbsps. almond extract
- 3 cups sifted flour
- 1 1/2 tsps. baking soda
- 1/4 cup light corn syrup
- 1 cup blanched almonds

Cream butter and sugar until fluffy. Add beaten egg and almond extract, slowly stir in flour, baking soda and corn syrup, mix until smooth. Form dough into balls and flatten with tumbler. Put almond in centre. Bake in moderate oven 375° 15-20 min. until golden brown.

—Gail Spivak.

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# tasty dishes

## FRENCH DRESSING

Mash a cut clove of garlic in a bowl with a wooden spoon. Add  $\frac{1}{2}$  teaspoon each salt, dry mustard, and paprika, and a dash of cayenne. Add  $\frac{1}{4}$  cup cider vinegar (if not available, white vinegar may be used) and  $\frac{1}{2}$  cup salad oil to dry ingredients. Cover and shake well to blend thoroughly.

## ANCHOVIES A LA CROUTONS

- 1 lb. sharp cheese
- 1 can condensed tomato or mushroom soup
- $1\frac{1}{2}$  tsps. mustard
- $1\frac{1}{2}$  tsps. Worcestershire sauce
- 2 eggs, separated

Pour can of condensed tomato soup into top part of double boiler; add sharp cheese which has been grated. Heat and cook until cheese is melted, stirring and beating constantly. Stir in beaten egg yolks to which dry mustard and Worcestershire sauce have been added. Fold beaten egg whites into hot mixture. Transfer to chafing dish. Arrange on top of sauce either rolled up anchovies or the fillets. Two or three cans of anchovies will be needed. Serve this with Croutons.

## ASPARAGUS EN CREME

- 1 tbsp. butter
- 1 small onion, minced
- 1 tbsp. flour
- 1 tin (large) cut asparagus
- 1 cup sour cream
- $\frac{1}{2}$  tsp. salt
- paprika

Melt butter, add onion, fry golden brown, cover and steam for a few minutes. Uncover, add flour and stir until well blended, add salt, paprika and cream and cook slowly until sauce is smooth. If a little too thick put in a little asparagus juice and now add asparagus, fold in gently. Transfer to chafing dish and keep warm.

## ANCHOVIES IN BOATS

- green peppers (choose large squat type)
- Miracle Whip
- finely minced onion
- anchovy fillets

Cut ends of green or red pepper, remove seeds and cut in strips lengthwise  $\frac{1}{2}$  inch wide.

Mix  $\frac{1}{4}$  cup Miracle Whip dressing with 2 tbsps. minced onion. Spread this sauce on the green pepper and lay 1 fillet of anchovy on each strip of pepper.

## WHIPPED CHOCOLATE ICING

- 2 cups icing sugar
- 6 tbsps. butter
- 4 squares bitter chocolate
- 2 eggs
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. vanilla
- $\frac{1}{2}$  cup milk

Place sugar, milk, eggs, salt, and vanilla in a bowl over ice water; stir until eggs are broken. Melt chocolate and butter together. Add while warm to first mixture and beat until it will hold its shape. (lots of beating).

Use half of recipe for regular or layer cakes, whole recipe for chiffon cakes.

## CHEESE TARTLETS

- your favorite pie dough
- 1 small onion finely chopped
- 1 tbsp. butter
- $\frac{1}{2}$  lb. cheese, grated
- 2 eggs, well beaten
- $\frac{1}{2}$  cup light cream
- salt, pepper, paprika

Line small tart pans with pastry. Saute onion in butter until transparent. Mix with cheese, beaten egg and light cream. Season and fill tartlet shells half full and bake in 400° oven until done and crust is light brown.

## MUSHROOM ENTREE

- 1 can strained, or
- $\frac{1}{2}$  lb. fresh mushrooms
- 1 large Spanish onion
- 3 hard boiled eggs

Simmer in butter or fat. Cut mushrooms in medium-sized pieces. Add to onion and cook covered until tender. Before serving, add hard boiled eggs cut and serve on toast or in patty shells. Peas may be added.

## SPECIAL COLD SLAW

- 5 cups finely shredded green cabbage
- $\frac{1}{4}$  cup finely shredded carrot
- $\frac{1}{4}$  cup finely chopped green pepper
- 1 tsp. salt
- $\frac{1}{4}$  tsp. pepper
- 1 tsp. grated onion
- 2 tbsps. sugar
- $\frac{1}{2}$  tsp. dry mustard
- $\frac{1}{3}$  cup vinegar
- 2 tbsps. salad oil

Combine cabbage, carrots and green pepper in a large bowl. Combine remaining ingredients and mix thoroughly. Pour over cabbage and toss lightly. Arrange in salad bowl and keep chilled until serving time.

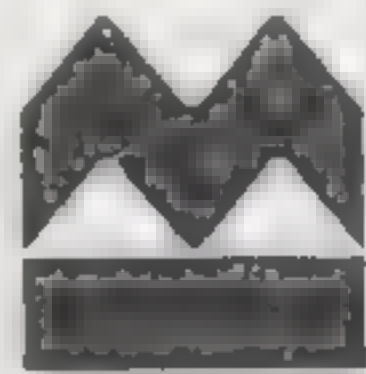


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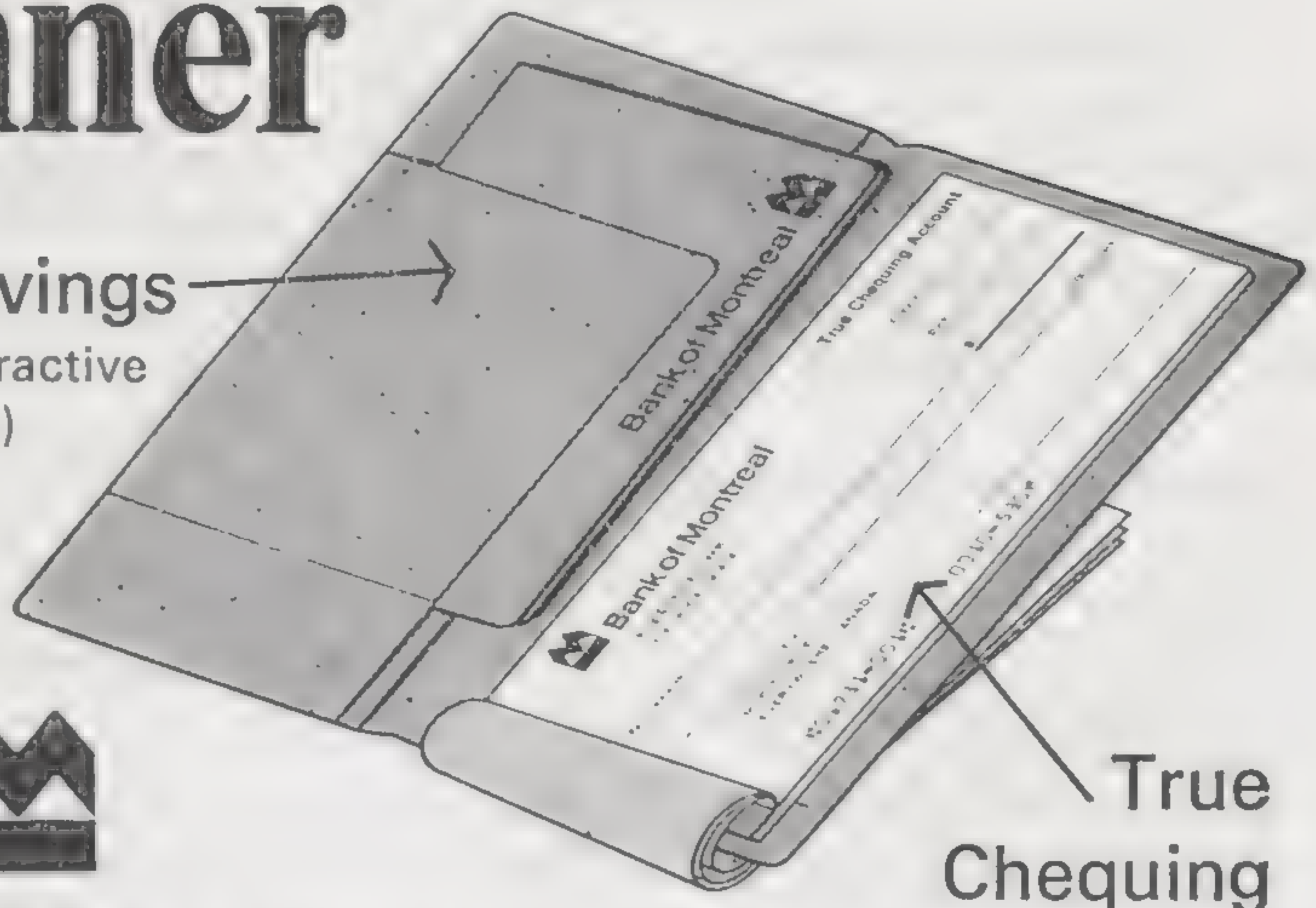
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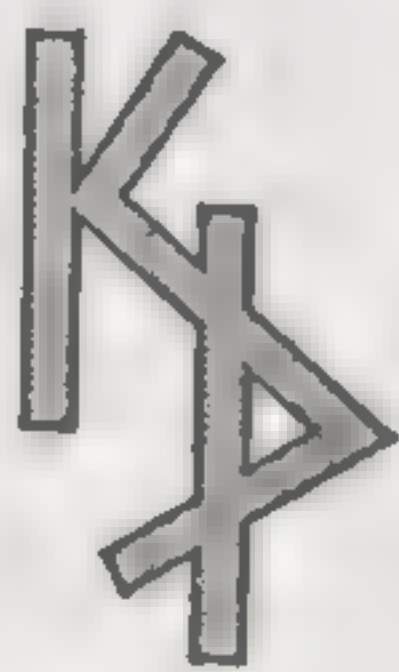
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### CHOPPED LIVER WITHOUT SHMALTZ

Fry:

- 1 lb. liver
- 1 large Spanish onion in Crisco, add a little water and cover to make juice
- 2 hard boiled eggs

Grind all ingredients, add enough of the liver juice to moisten.

### CHOPPED HERRING

Skin and soak 2 herrings over night.

- 1 Spanish onion
- 2 hard boiled eggs
- 1 thick slice pumpernickel bread, the soft part soaked in vinegar

Grind all the ingredients, add a little sugar or sucaryl to taste.

### SARDINE CANAPES

- 2 cans sardines
- 1/2 cup grated parmesan cheese
- prepared mustard

Drain sardines; roll in grated cheese. Toast strips of bread on one side. Spread other side with prepared mustard and top with sardines. Just before serving, broil till lightly brown. 12 canapes.

### CHOPPED HERRING

- 6 herring (remove heads, soak overnight, skin, clean and grind with 2 onions)
- 6 hard boiled eggs
- 3 slices rye bread soaked with vinegar

Chop altogether. Add:

- 3 tbsps. Mazola oil
- 4 grated apples

—Mrs. D. Polinsky.

### MUSHROOMS A LA NEWBURG

- 1 lb. mushrooms
- Cold water
- 3 tbsps. butter
- 1/2 tsp. paprika
- 1 tbsp. flour
- 1 cup cereal cream
- 3 hard cooked eggs
- 1/2 tsp. Worcestershire sauce
- 1/4 tsp. salt
- 1/16 tsp. pepper
- Toast points

Wipe mushrooms, remove stems, slice stems, cover with cold water. Simmer 15 minutes. Slice caps and saute in butter for 5 minutes. Add paprika and drained mushroom stems. Blend in flour, add cream slowly and cook until thickened, stirring constantly. Add chopped egg whites, Worcestershire sauce, salt, pepper and lemon juice.

Serve on toast points. Garnish with sieved hard cooked yolks. Yield: 4 or 5 servings.

### BARBECUE SAUCE

Saute until brown 1/4 cup chopped onions in 1 tablespoon fat. Add and simmer 20 minutes.

- 1/2 cup water
- 2 tbsps. vinegar
- 1 tbsp. Worcester sauce
- 1/4 cup lemon juice
- 2 tbsps. brown sugar
- 1 cup catchup
- 1/2 tsp. salt
- 3/4 tsp. paprika
- dash Tabasco

4 Servings.

—Mrs. M. Averbach.

### CHEESE PUFFS

- 1 8-oz. package pimento cheese
- 1 well beaten egg
- salt and pepper

Blend cheese and eggs, season to taste. Make bread cutouts. Toast on one side; brush other side with melted butter. Spread with cheese mixture. Just before serving, broil until brown and puffed. 35 appetizers.

### SHISH-KA-BOB DINNER

Dip skewers in salad oil; spur 1-inch cubes of beef steak (about 2 pounds). Marinate 3-6 hours in this mixture:

- 2 tbsps. salad oil
- 2 tbsps. lemon juice
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 clove garlic minced
- 1 onion sliced

Roast 6 - 8 minutes on each side in separate oiled skewers, arrange mushrooms, whole tomatoes and pre-cooked small white onions. Roast until tender.

### GREEN DRAGON DIP

- 1 ripe avocado
- 1 - 3 oz. pkge. cream cheese
- 3 tps. mayonnaise
- 2 tbsps. lemon juice
- Dash Worcestershire sauce
- Chopped green onion
- 1/4 tsp. salt
- 1/8 tsp. pepper

Mix above. Place in a bowl. Surround with crackers.

### EGG AND OLIVE DIP

- 3 hard boiled eggs (chopped)
- 1/2 cup sliced olives
- 1/2 cup sour cream
- 2 tbsps. mayonnaise,
- catsup and green pepper
- 1 tsp. dry mustard
- Salt and pepper to taste
- 1 tsp. grated onion

Blend thoroughly.





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### SPECIAL PARTY DIP

- 1/2 lb. cream cheese
- 2 tbsps. cream
- 2 tbsps. french dressing
- 1/3 cup catchup
- 1 tbsp. grated onion
- 1/4 tsp. salt
- Crackers

### IMITATION CREAM SAUCE

For use on vegetables accompanying meat.

- 2 tbsps. chicken fat
- 2 tbsps. flour
- 1 cup juice from canned vegetables
- 1/2 tsp. salt
- dash pepper
- 1 can vegetables, drained

Melt fat, add flour, blend, add vegetable juice and cook over low heat until thickened (if a thinner sauce is desired add more of vegetable juice). Season and pour over hot vegetables.

This sauce is nice on peas, beans, asparagus, mushrooms, etc.

### ANTIPASTO

- 3 tins Tuna with oil
- 1 1/2 bottles chili sauce
- 1 bottle catchup
- 1 tablespoon Worcestershire sauce
- 1 small bottle sweet gherkins
- 1 small bottle onions
- 1 small bottle cauliflower
- 2 cans button mushrooms
- 1 bottle stuffed olives
- 2 pieces carrot
- 2 pieces celery
- Horse radish (dehydrated)
- Juice 1/2 lemon

Parboil carrots and celery sliced chunk.  
Rest of ingredients, add sauce. Bottle.

—Mrs. N. Stall.

### POPOVERS

- 1 cup milk or 8 oz. water with
- 1 tbsp. non-dairy coffee creamer
- 7/8 cup unsifted flour
- 1 tbsp. oil
- 1/2 tsp. salt
- 2 eggs

Combine milk or water, flour, oil, salt. Beat at high for 1 min. Add eggs 1 at a time. Beat 20 seconds after each. (the timing is important). Grease well, 8 muffin cups. Fill 2/3 full. Set in cold oven. Set at 425°. Bake 1/2 hour.

—Bev Davidow.

### APPETIZERS

#### DEEP FRIED MUSHROOMS

- 1 lb. mushrooms (medium size)
- flour
- salt
- pepper
- 1 egg (beaten)
- veg. shortening for frying
- (1 in. in depth)

Wash mushrooms, trim stems, blot dry. Dip in seasoned flour then beaten egg, then fine bread crumbs. Shallow fry 4-5 min. 4 or 5 at a time. Serve hot with lemon wedges.

—Bev Davidow.

#### POTATO LIVER KNISHES

- 6 nice sized potatoes
- 2 eggs
- 2 small tbsps. oil
- Salt
- 1 cup flour

Boil potatoes until soft and mash well, adding eggs and oil, salt and flour.

Take spoonful of potato mixture and fill with 1 tbsp. of filling.

Filling: Grind together—

- 1 1/2 lbs. liver (baked)
- 3 lightly fried onions

Season to taste. Place knishes on greased pan, bake at 375°F.

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# breads

## MISCELLANEOUS

### GARLIC FRENCH LOAF

Slash long French loaf of bread in even diagonal slices — don't cut right through. Mash one clove of garlic thoroughly and cream it into half a cup of butter. Spread generously between slices. Wrap loaf in aluminum foil or slip it into paper bag. Heat in oven (400°) until piping hot—15-20 minutes.

## MUFFINS

- 2 cups flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup shortening
- 1 egg yolk
- 1/2 cup milk

Filling:

- 2 cups fruit (blueberries or apples)
- 1/2 cup sugar

Sift flour, measure, add baking powder, blend shortening, combine yolk and milk stirring with fork. Add flour mixture to make a soft dough.

Place one-third of dough on lightly floured board. Roll out and cut into square pieces. Fit each piece into a muffin tin and fill with berries. Put 1 tbsp. sugar in each muffin. Bring the 4 corners together and pinch. Bake in a 400° oven for 40 minutes or until done. Serve with cream if desired.

## RICE POPOVERS

- 3 tbsps. melted butter
- 2 eggs
- 1 cup sour cream
- 3/4 cup cooked rice
- 1/2 cup flour
- 1/2 tsp. baking powder
- 2 tsps. sugar
- Pinch of salt

Beat eggs with sugar. Add flour, rice, baking powder, salt and melted butter, then add sour cream. Pour into hot greased muffin pans. Bake at 350 degrees for 15 to 20 minutes.

## POPPYSEED STICKS

Cut crusts from slices of white bread. Butter both sides of bread. Cut each slice in 5 strips. Roll strips in poppyseed. Place on cookie sheet. Toast in moderate oven (350°) 12 minutes. Serve with juice or soup.

## CROUTONS

Use bread that is not fresh, remove crusts from slices and butter each slice. Cut into cubes and place on baking sheet. Bake in a moderate oven (350°) until they become brown.

## CHOPPED LIVER STICKS

Prepare your chopped liver in your favorite way.

short pretzel sticks

Pinch off a small piece of the chopped liver roll into a ball and insert a pretzel stick; squeeze well onto the stick.

For a variation the chopped liver may be rolled in crushed pretzel stick crumbs.

## REFRIGERATOR BUNS (Basic Dough)

- 1/4 lb. butter
- 4 eggs
- 1 tsp. salt
- 3/4 cup sugar
- 2 yeast cakes
- 1 cup milk
- 6 1/2 cups flour

Prepare:

Mix 1/2 cup warm water with 1 tsp. sugar, add yeast that has been crumpled. Allow to stand. Heat milk, butter, sugar, salt, oil, until all dissolved. Cool lightly. Put flour into a large bowl, pour over the heated milk mixture, add yeast mix. Blend, add beaten eggs and knead until well blended. Allow to stand about an hour. Cover and put in refrigerator overnight. Take dough out of refrigerator one hour before ready to use. Form in any desired shape.

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### POPOVERS

- 1 cup sifted flour
- $\frac{1}{2}$  tsp. salt
- 2 eggs
- 1 cup milk
- 1 tbsp. salad oil

1. Measure all the ingredients into a bowl and beat until smooth.

2. Fill greased custard cups a little less than  $\frac{1}{2}$  full. Bake in a preheated oven  $425^{\circ}$  for about 50 minutes. The popovers are done when the sides at top of cup are rigid.

Yield: 5 to 6 servings.

### BUNS (Basic Dough)

- $\frac{3}{4}$  cup butter and oil
- $\frac{1}{2}$  cup sugar
- 3 eggs
- 5 cups flour
- 1 yeast cake
- 1 cup milk
- 4 tbsps. oil

Mix  $\frac{1}{4}$  cup warm water with 1 tsp. sugar and add crumpled yeast. Allow to stand. Heat butter, milk, oil, sugar and salt until all are dissolved. Put flour in a large bowl, pour over the milk mixture, add yeast mixture, blend, add beaten eggs and knead until well blended. Allow to stand in a warm place until it has risen to double the bulk. Keep covered. Form in any desired shape and allow to rise again, then bake.

### STUFFED FRENCH ROLLS

- 3 oz. pkg. cream cheese
- $\frac{1}{2}$  tsp. grated onion
- 2 tbsps. chopped olives
- 2 tbsps. chopped dill pickles

Hollow out two French rolls after cutting ends off. Do this carefully and when centre is out press inside roll towards the crust so that inside will be quite smooth. Cream the cheese and add the rest of the ingredients. Stand each roll on end on wax paper and stuff the rolls very firmly. Wrap in wax paper and chill. Slice thinly with a sharp knife.

### RICE MUFFINS

Cook 1 cup rice in 2 cups water and 2 cups milk and salt for approx.  $\frac{1}{2}$  hour.

Mash rice and cool then add to following batter:

- 4 tbsps. sugar
- 2 eggs
- 4 tbsps. butter
- 1 tsp. baking powder
- 1 cup sour cream
- $\frac{1}{2}$  tsp. baking soda
- $\frac{3}{4}$  cup flour

Grease tins, bake  $350^{\circ}$  for  $\frac{3}{4}$  hour. Leave door open to cool. Serve with sour cream and strawberries.

—Shelley Nimchonok.

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# *holiday dishes*

## **MATZO CARROT PUDDING**

- 2 tbsps. matzo meal
- $\frac{1}{4}$  cup potato flour
- 1 tbsp. wine (optional)
- 1 cup crushed almonds
- $1\frac{1}{2}$  cups powdered sugar
- $1\frac{1}{2}$  cups grated carrots
- Rind of  $\frac{1}{2}$  lemon
- 8 eggs, separated

Beat egg yolks and sugar together. Add flour, carrots, wine, lemon rind, and almonds. Fold in beaten whites. Bake in greased, floured pan for one hour in slow oven (300°).

## **BAGEL**

- $\frac{1}{2}$  cup water
- 2 tbsps. fat
- 2 tsps. sugar
- 1 cup matzo meal
- Pinch of salt

Combine water, sugar, and fat and bring to a boil. Stir in matzo meal all at once and mix quickly. Remove from heat. When cool beat in 3 eggs one at a time, beating well and thoroughly. Then drop from spoon on well-greased pan, using greased forefinger to form doughnut hole in centre. Bake in hot oven (400-425°) for 30 minutes.

## **KNEIDLACH**

- 4 egg yolks
- 1 tsp. salt
- 4 tbsps. melted fat
- $1\frac{1}{4}$  cups matzo meal
- 4 egg whites, stiffly beaten
- 1 cup hot water

Place matzo meal, salt and fat in a bowl. Pour hot water over this. Beat in the egg yolks, then fold in the stiffly beaten egg whites. Chill for 10 minutes. Form into balls and drop into rapidly boiling chicken soup. Cover and cook for 20 minutes.

## **PASSOVER CARROT CANDY**

1 lb. carrots grated on coarse side of grater. Do not peel carrots, just wash them well. Also grate 1 lemon and orange on thick side of grater. Use juice of the lemon only. Place 1 lb. brown sugar in a pot and stir well with above ingredients. Cook for about 30 minutes. Add  $\frac{1}{2}$  cup matzo meal, 1 cup chopped nuts, 1 tsp. ginger and cook 5 minutes longer, mixing continuously. Remove from pot and place on a damp board and flatten it. Sprinkle with shelled walnuts and when cool, cut into squares like candy.

## **PASSOVER CARROT TSIMES**

Try a new twist on your carrot tsimes. Cut cut up the required amount of carrots into thin rounds. Boil with a piece of beef brisket or the stuffed skin of the chicken neck. Simmer slowly until carrots are done — not too well done. Remove meat. Sweeten with 2 tbsps. sugar. Add the grated rind of two oranges.

Dissolve 2 tsps. potato starch in the orange juice. Pour over the carrots. Place in a casserole. Sprinkle with a little matzo meal. Bake in oven for 30 minutes. This may be prepared ahead of time and popped into the oven before serving.

## **FARFEL KUGELACH**

- 2 cups matzo farfel
- 1 cup boiling water
- 1 tsp. salt
- $\frac{1}{4}$  tsp. pepper
- 3 tbsps. chicken fat
- 4 eggs

Place farfel, salt, pepper, and fat in a bowl. Pour boiling water over ingredients. Stir well. Beat the eggs in one at a time. Batter should pour. If too thick add enough water to make right consistency. Preheat oven to 425°. Place a tsp. of fat in each muffin cup. Pour a heaping tbsp. of batter into each muffin cup, then a tbsp. of filling, then another tbsp. of batter, so that it covers the filling. Pop into oven, bake at 425° for 10 minutes, then reduce heat to 350° and bake another 15 minutes.

### **Filling for Kugelach**

- 1 cup livers and giblets of chicken
  - $\frac{1}{2}$  cup gribben from chicken fat
  - 2 medium size onions, fried
- Put through food chopper. Season with salt and pepper. Beat in one egg. Blend.

## **PASSOVER MOCK OATMEAL COOKIES**

- 1 cup matzo meal
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  tsp. cinnamon
- 1 cup matzo farfel
- $\frac{1}{2}$  cup chopped nuts
- $\frac{1}{2}$  cup raisins
- 2 eggs
- $\frac{1}{3}$  cup melted fat

Mix together the dry ingredients, then beat the eggs and fat into the mixture. Drop in roughlumps about the size of a small egg, onto a greased cookie sheet and bake at 350°F. for 30 minutes. Allow room for cookies to spread.



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## PASSOVER PRUNE BLINTZES

- 12 eggs
- 1 1/2 cups water
- 1/4 cup cake meal
- 1 tbsp. potato flour
- Pinch of salt

Beat all ingredients together. Grease small frying pan and pour batter very thinly into pan tilting it to cover the surface. Fry on one side only. Place following filling on uncooked side and roll. Fry before serving.

### Filling:

Put one pound of soaked prunes through the grinder and flavor with lemon juice and honey.

## MATZO BALLS

### Never Fails

- 4 eggs
- 3/4 cup water
- 1/2 tsp. salt
- Pinch of pepper
- 1/3 cup chicken fat or soft shortening
- 1 1/4 cups matzo meal

Beat eggs and water, add the rest of ingredients. Cover and refrigerate for 2 hours.

Bring chicken soup to boiling and drop matzo balls (not too big) in, then turn to simmer for 30 minutes. Light and fluffy.

## PASSOVER BROWNIES

- 2 1/2 small bars or 1 big bar parave bittersweet chocolate
- 1/4 cup oil
- 1/8 tsp. salt
- 2/3 cup sugar
- 1/2 cup cake meal
- 1/2 cup walnuts

Melt chocolate with oil. Cool. Beat eggs and salt until thick. Add sugar, then cake meal and chocolate mixture. Beat. Add nuts. Bake in greased 8x8 in. pan at 350° for 35 minutes.

## PESACH BURNT SUGAR CAKE

- 7 eggs
- 1 1/4 cups sugar
- 2 tbsps. lemon juice
- 3/4 cup cake meal
- 1/4 cup potato flour
- Pinch of salt
- 1/2 cup white sugar (burnt)
- add 1/2 cup cold water

Beat egg whites, add gradually 3/4 cup of sugar; beat egg yolks separately with balance of sugar. Then fold into whites. Fold in cake meal and potato flour (sifted twice with salt), into egg mixture. Fold in burnt sugar syrup. Fold in lemon juice. Pour into loaf pan, size 12 ins. by 6 ins., greased and lined with heavy wax paper.

Bake at 350° for 1 hour and 15 minutes.

## PESACH LEMON PIE

- 1/4 cup matzo meal
- 1/2 cup cake meal
- 1/3 cup cooking oil
- 1/2 tsp. salt
- 2 tsps. sugar
- water to moisten

Place all ingredients except water in a bowl. Rub with fingers until blended. Add water a few drops at a time until barely moist. Pat evenly into a pie plate. Bake in 400° oven for 10 minutes or until nicely browned. Fill with the following:

### Lemon Pie Filling (Never Fails)

- Place in a saucepan and bring to a boil
- 1 1/2 cups water
- Rind of 1 large lemon
- 1/4 tsp. salt
- On your electric mixer beat
- 3 egg yolks
- 3/4 cup sugar
- 2 dessertspoons potato starch
- Juice of 1 1/2 lemons

Pour mixture into rapidly boiling water. Cook until thick. Let cool slightly. Pour into pie shell, cover with meringue, and bake in 350° oven until nicely browned, about 15 minutes.

### Meringue:

- 3 egg whites
- Pinch of salt
- 6 tbsps. sugar

Beat egg whites stiff. Add sugar gradually and beat until stiff peaks are formed. Place on pie. Bake 15 minutes in 350° oven.

## PASSOVER NUT BREAD

- Cream 1/2 cup oil; 1 cup sugar
- Add 3 eggs. Beat together
- Blend in 1/4 cup potato starch, 1/2 cup cake meal
- Add juice and rind of 1 lemon;
- 1/2 cup chopped nuts
- Bake at 350° for 1 hour.

## PASSOVER APPLE FLUDEN

- 3 lbs. or 9 apples
- 1 cup sugar
- Juice and rind of 1 lemon
- 1/4 cup water

Cook above until apples are soft.

- 3/4 cup oil
- 1 cup sugar
- 1 1/2 cups matzo meal
- 1/2 cup ground nuts
- Juice and rind of 1 orange

Mix oil and sugar, add matzo meal, nuts, juice and rind. Make crumb mixture. Place cooked apples in greased pan, add dough and bake in 325° oven for 3/4 hour.



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### PASSOVER BLINTZE LEAVES

- $\frac{2}{3}$  cup cake meal
- $\frac{1}{2}$  tsp. salt
- $1\frac{1}{2}$  cups water
- 3 eggs

Combine cake meal and salt. Combine water and eggs. Gradually add egg mixture to cake meal mixture, beating thoroughly to prevent lumping. Allow air bubbles to settle before starting to fry batter. Pour about 3 tbsps. of batter on a hot, lightly greased griddle or frying pan and rotate to form a 6" pancake. Fry until batter sets and curls at edges. Turn on a clean cloth, fried side up. Makes 16 blintzes.

### PASSOVER SPONGE CAKE

- 6 egg whites (room temperature)
- Pinch of salt
- 6 egg yolks
- 1 scant cup sugar
- Scant  $\frac{1}{4}$  cup orange and lemon juice
- $\frac{1}{2}$  cup cake meal
- $\frac{1}{4}$  cup potato starch
- (or  $\frac{3}{4}$  cup flour if desired to make it hometz)

Beat egg whites till stiff. Add salt. Beat yolks, then add sugar, and juices. Sift cake meal and potato starch. Grate in lemon and orange rind. Add flour mixture to yolk mixture. Fold all into whites. Bake 1 hour at 325°.

### PASSOVER CREAM PUFFS

- 1 cup water
- $\frac{1}{3}$  cup fat
- 1 cup matzo meal
- $\frac{1}{2}$  tsp. salt
- 4 eggs

Boil water and fat in sauce pan. While boiling, pour in salt and matzo meal. Continue cooking and stirring until batter no longer sticks to sides of pan. Remove from fire. Add unbeaten eggs one at a time beating well after each addition. Drop by tablespoons on a greased cookie sheet. Bake 25 minutes at 450°F. Reduce oven to 325°F. and bake 45 minutes longer. When cool, cut in half and fill with whipped cream, custard, fruits, etc., sprinkle with confectioner's sugar. This will make 12 good-sized puffs. Smaller puffs can be made by dropping batter from a teaspoon.

### POTATO KUGEL

- 3 large raw grated potatoes
- $\frac{1}{2}$  cup matzo meal
- 4 eggs
- 4 tbsps. chicken fat
- Salt and pepper to taste

Pour in round pyrex casserole. Moderate oven 1 hour.

—Mrs. N. Corne.

### PASSOVER CUSTARD FILLING

- 2 eggs
- $\frac{3}{4}$  cup sugar
- 1 tbsp. potato flour
- 1 tsp. butter
- 1 lemon
- 1 cup water

Beat eggs well and add sugar and flour, beating it in slowly. Add juice of the lemon, butter and water SLOWLY. Cook in top of double boiler until thick, stirring constantly. While cooling, stir occasionally in order to avoid lumps. Use as a filling in cream puffs.

### MATZO MEAL PIE CRUST

- $1\frac{1}{2}$  matzos
- 1 tbsp. fat
- $\frac{1}{2}$  cup matzo meal
- 2 eggs
- 2 tbsps. sugar
- Pinch of salt

Soak the matzos in water and then press dry. Heat the fat, add the matzos and the matzo meal. Mix in the eggs, sugar, and salt until the mixture is well blended. Press on the bottom and sides of a pie plate to form a shell as you would a cracker crumb crust. Make sure ingredients are evenly distributed.

### PASSOVER CHIFFON SPONGE CAKE

- 5 egg whites
- $\frac{1}{2}$  cup sugar
- $\frac{3}{4}$  cup sifted matzo meal
- $\frac{1}{4}$  cup potato flour
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  tsp. salt
- 5 egg yolks
- $\frac{1}{4}$  cup oil
- $\frac{1}{4}$  cup orange juice
- 1 tsp. lemon juice
- 1 tsp. lemon rind

Beat egg whites until they hold soft peaks. Gradually beat in  $\frac{1}{2}$  cup sugar. Beat until very stiff peaks. Set aside. Mix and sift dry ingredients into mixing bowl. Make a well and add egg yolks. Beat until smooth. Gently fold egg yolk mixture into egg whites. Fold until well blended. Pour into an ungreased 9" tube pan. 325°F. for 60 minutes. Invert cake to cool.

—Mrs. S. Reidberg.

### SOUP NUTS

- $1\frac{1}{2}$  cups matzo meal
- $\frac{1}{4}$  cup fat
- $\frac{1}{2}$  cup water
- 4 eggs
- 1 tsp. salt
- $\frac{1}{4}$  tsp. pepper

Bring fat, water and seasoning to a boil. Add gradually to matzo meal. Mix well. Grease hands and roll dough into marbles. Place on greased sheet and bake in hot oven, 400°F.,  $\frac{1}{2}$  hour.



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## PASSOVER ORANGE AND FILBERT CAKE

- 6 eggs, separated
- 1 1/4 cups sugar
- Juice and rind of 1 orange
- 6 tbsps. matzo meal
- 1 tsp. potato flour
- 1/2 lb. ground filberts

Beat yolks until thick and lemon colored, add sugar gradually and beat well. Add juice and rind of orange, matzo meal, potato flour, ground filberts. Lastly, fold in stiffly beaten egg whites. Bake in a loaf pan for 1 hour in a medium oven. Can be used all year round.

## KNADLECH

- 2 tbsps. fat
- 1 tsp. salt
- 2 eggs (slightly beaten)
- 1/2 cup matzo meal
- 2 tbsps. soup or water

Mix fat, eggs, add meal and salt. When blended, add soup or water. Cover bowl and place in refrigerator 20 minutes. Use 2 or 3 quart size pot. Salt water to boil. Reduce heat. In slightly bubbling water drop balls. Cover pot; let cook 1/2 hour.

—Mrs. M. Shore

## FROZEN NESSELRODE MOUSSE (Pareve)

- Beat:
- 5 egg whites
  - 1/4 tsp. cream tartar
  - 3/4 cup sugar

- Beat:
- 5 egg yolks
  - 1/4 cup sugar
  - 1/3 cup rum
  - 2 tsp. lemon juice
  - 2 cups Rich's dairy whip (beat)  
(or whipping cream)
  - 4 ozs. mixed candied fruit

Fold egg yolk mixture, whipped cream, fruit into egg whites. Turn into 2 qt. serving bowl. Freeze. Serves 10-12.

—Sharon Thompson.

## HOMON TASCHEN

- 3 cups flour
- 3 tsps. baking powder
- 1/4 tsp. salt
- 2 tbsps. sugar
- 1/2 cup butter
- 2 eggs

Sift flour, baking powder, salt and sugar together. Cut in butter. Add beaten eggs with enough milk to make soft dough. Roll out 1/4 inch thick on floured board. Cut with large round cookie cutter. Place tablespoon of filling on each round and close up to form triangle. Brush with egg if desired. Put in well-greased baking pan and bake until golden brown in 400° oven, 10-12 minutes.

## Fillings:

### 1. Apple:

- 4 lbs. apples
- 2 cups sugar
- 1 1/2 lemons (juice and rind)

Cut apples fine. Add sugar, lemon juice and rind. Cook until thick.

### 2. Date:

- 1 lb. dates
- 1 cup ground nuts
- 1/2 cup honey
- 1/2 cup boiled water
- Juice of 1 lemon

Combine and boil until soft.

### 3. Poppyseed:

- 1 lb. poppyseed
- 1 1/2 cups honey
- 1 cup sugar
- 2 eggs
- 1 lemon (juice and rind)
- 1 orange (juice and rind)

Soak poppyseed overnight in boiling water. Drain and put through food chopper. Add rest of ingredients and boil a few minutes.

### 4. Prune:

- Prunes
- Honey
- Juice of 1 lemon

Stone and grind tenderized prunes. Add honey and lemon juice and mix to desired consistency.

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### BAGEL — PASSOVER

- 1 1/2 cups water
- 1/2 cup oil
- 3 tbsps. sugar
- 1/2 tsp. salt

Bring to boil. Take off stove. Add:

- 2 cups cake flour
- 6 eggs (one at a time)

Form ball of dough, dip in egg white slightly beaten, then in sugar and nuts. Place on greased pan. Insert finger as for doughnut. Bake 400°F. for 1/2 hour.

—Mrs. I. Levine.

### CAKE

- 9 eggs, separated
- 1/3 cup water
- 1 cup sugar
- Juice of half lemon
- Juice of half orange
- 3 heaping tbsps. cake meal
- 3 tbsps. potato starch

Boil water, sugar, orange and lemon juices together for five minutes. Beat whites with a little salt until stiff. Add boiled mixture gradually, beating constantly. Beat egg yolks until thick and add to egg white mixture. Sift cake meal and potato starch together several times. Fold into egg mixture gradually. Bake in 300° oven for one hour.

—Mrs. W. Silver.

### FARFEL TOASTIES

- 1 cup farfel
- 2 egg yolks
- 2 tbsps. chicken fat
- 1/2 tsp. salt

Rub together all ingredients, spread out into a pan and bake in moderate oven until golden brown. Serve in soup.

—Mrs. I. Levine.

### LATKES

- 1/2 cup matzo meal
- 1 cup water
- 2 eggs, separated
- 1 tsp. salt
- 1 tbsps. sugar (optional)

Beat egg yolks well. Add water. Mix salt and sugar with matzo meal and add to yolks. Beat whites stiff and fold into yolk mixture. Fry on top of stove in hot pan in a little oil.

### NOTHINGS

- 3 eggs
- 3 tsps. sugar
- 1/2 cup oil

Beat well. Add:

- 3/4 cup cake meal
- 2 tsps. potato flour
- Salt

Bake 400°F. for 1/2 hour. Turn off heat.

—Nellie Ditlove.

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# casseroles

## WILD RICE CASSEROLE

- 2 cups wild rice
- 2 tins consome
- $\frac{1}{8}$  tsp. black pepper
- $\frac{1}{2}$  lb. mushrooms
- 3 tbsps. butter or margarine

Wash rice thoroughly. Pour into casserole, add undiluted consome, let stand 3 hours.

Preheat oven to 350°, add pepper to rice mixture. Cover casserole and bake 45 minutes, add up to  $\frac{1}{2}$  cup water if rice becomes dry. Saute sliced mushrooms in butter or margarine until light brown. Uncover casserole, add mushrooms, stirring it with fork. Bake 5 minutes longer. Yield: 6 to 8 servings.

## RICE WITH DILL

- 1 cup delta rice
- 2 tins consomme
- 1 tin water
- $\frac{1}{2}$  tsp. salt (more to taste)
- Pepper
- A few sprigs dill (cut up fine)
- (don't use tough stems)

Mix all ingredients together. Place in greased casserole. Bake at 350°F. for 1 to 1½ hours. Serves 5.

## PATIO BAKED BEANS

Mix:

- $\frac{1}{3}$  cup brown sugar
- $\frac{1}{2}$  cup water
- 1 tsp. dry mustard
- 1 tsp. instant coffee
- 1 tbsp. vinegar
- $\frac{1}{2}$  tsp. salt

Mix together in a saucepan. Cook over low heat for 5 minutes. Heat oven to 350°F. Arrange in alternate layers in casserole.

- 1 onion (cut in thin slices)
- 2 cans (20-oz.) baked beans

Pour in brown sugar mixture. Cover and bake 45 minutes. Put 4 slices beefnettes, cut up, on top. Bake without cover 30 minutes more. Serves 6 to 8.

## JIFFY TUNA 'N' RICE CASSEROLE

- 1 can (7 oz.) Cloverleaf Albacore tuna, drained and flaked.
- 3 cups freshly cooked rice
- 1 can (10½ oz.) cream of mushroom or celery soup
- $\frac{1}{4}$  cup milk
- 1 cup grated cheese
- 1 cup buttered bread crumbs

Combine ingredients but save crumbs for topping. Spoon into buttered 1½-quart casserole. Top with crumbs. Cover. Bake in moderate oven, 350 deg. F., for 30 minutes, until bubbling hot. Makes 5 to 6 servings.

## POTATOES A LA COMPANY

- 4 tbsps. butter
- 1 med. onion, chopped fine
- 3 tbsps. chopped green pepper
- 1 tbsp. chopped pimento
- 2½ tbsps. flour
- 2 cups milk
- salt and pepper
- 3 cups cubed cooked potatoes
- $\frac{3}{4}$  inch cubes
- $\frac{3}{4}$  cup shredded sharp cheese

Cook onion and green pepper in butter for about 5 minutes. Add pimento and flour. Stir and add milk, stir and cook until thickened. Season. Add potatoes. Pour into a 1½ quart deep casserole (well buttered). Top with cheese. Bake in a moderate oven for about 30 minutes. 350 degrees.

NOTE: This can be combine early, stored in refrigerator, and then baked just before serving.

## POTATOES EN CASSEROLE

- 2 cups mashed potatoes (cold)
- 2 tbsps. melted butter
- 2 eggs
- 1 cup milk
- salt and pepper

Stir the butter well with the potatoes and the well beaten eggs, then the milk. Season to taste. Beat all together well, place in greased casserole and bake in a quick oven until brown. Serve hot.

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### SWEET KUGEL

Separate 4 eggs.

Beat yolks with:

- 1 cup sugar
- 4 tbsps. oil
- A little Vanilla

Add:

- 1 cup flour
- 2 tsps. baking powder
- Pinch salt

Beat egg whites until stiff. Fold in.

Add fruit:

- 8 apples (cut up)
- Raisins (soaked and dried)
- Candied pineapple

Oil pan well. Pour mixture in pan. Bake at 350°F. about ½ hour. Mix 2 tbsps. honey or corn syrup and a little lemon juice and pour over. Put back in oven.

### LIVER KUGEL

- 1 cup kasha (prepared as on pkg.)
- 1 lb. liver baked and ground
- ½ pkg. farfel—Add boiling water. let stand, pour off. Dry.
- Schmaltz
- Salt and pepper

Beat up 10 eggs. Fold in mixture. Put schmaltz in pan. Add mixture. Bake at 400°F.

### CARROT PUDDING

- 1 scant cup Crisco
- ½ cup brown sugar
- 1 egg
- 1 cup carrots grated fine
- 1 ¼ cups flour
- 1 tsp. soda
- 1 tsp. baking powder
- ¼ tsp. salt
- ½ tsp. cinnamon
- 2 tbsps. water

Cream sugar with shortening. Add egg and carrots. Mix well. Combine dry ingredients and add to carrot mixture. Add water. Mix well. Place in greased ring mould and bake 1 hour at 350°F.

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**If you want to use Sucaryl Tablets in cooking,** dissolve tablets in a small amount of hot water equivalent to the amount of Sucaryl Solution called for in the recipe. For example, if recipe requires one tablespoon of Sucaryl Solution, or 24 Tablets, crushed, dissolve the crushed tablets in one tablespoon of hot water.

**For best results in sweetening iced beverages,** use Sucaryl Solution. If Sucaryl Tablets are to be used, first dissolve tablets in a spoonful of hot water, add to iced drink and stir.

**Remember these ratios** when using Sucaryl in beverages or in recipes not included in this booklet:  $\frac{1}{8}$  teaspoon Sucaryl Solution (or one Sucaryl Tablet = 1 teaspoon sugar in sweetening power.

**Substituting Sucaryl for sugar in your own recipes.** You may do this if the sugar serves only as a sweetening agent. (For example, sweetening fruits, beverages.) Follow above ratios; or use 1 tablespoon Sucaryl Solution (or 24 tablets) as the equivalent of  $\frac{1}{2}$  cup sugar.

However, when preparing certain foods, such as frozen desserts and baked foods, remember Sucaryl provides neither the texture nor the preservative qualities of sugar. For recipes of this kind, we recommend you use the kitchen-tested recipes in the book. (Baked foods, incidentally, keep better if covered and put in the refrigerator.)

**Never use another sweetener** in a recipe that calls for Sucaryl. The sweetening powers of such sweeteners differ greatly.

**When shopping for diabetic foods and beverages,** look for Sucaryl on the label. Sucaryl-sweetened products have a natural-tasting sweetness.

**Sucaryl is a safe, pleasant adjunct to a sound diet program.** However, consult a physician before altering a diabetic diet.

## DIETETIC'S GRACE

Now I sit me down to eat,  
I pray the lord I will not cheat.  
If I should reach for cake or bread,  
Please guide my hand to meat instead.

## CINNAMON COOKIES

30 cookies; each containing **30 Calories**. If made with sugar: **56 Calories** (5 cookies = 1 bread exchange, 2 fat exchanges)

- 5 tbsps. butter
- 1 cup sifted flour
- $\frac{1}{4}$  tsp. baking powder
- 2 tsps. Sucaryl solution  
or 16 tablets, crushed
- 2 tsps. vanilla
- 1 tbsp. milk, fruit juice, or coffee
- 1 tsp. cinnamon

Cream butter until light and fluffy. Blend in sifted flour and baking powder, mixed together. Mix or dissolve Sucaryl in combined vanilla and milk or other liquid. Stir into flour mixture and mix thoroughly. Sprinkle cinnamon over dough and knead in so there is a streaked appearance. Shape dough into balls, about  $\frac{1}{2}$ -inch in diameter, and arrange on a cooky sheet. Flatten balls with a fork dipped in cold water. Bake in a moderate oven (375°F) 15 minutes, or until edges are nicely browned.

## LOW CALORY CABBAGE SOUP

- 5 cups water
- 7 tbsps. chicken bovl.
- $\frac{1}{2}$  cup shredded cabbage
- 2 tsps. onion flakes
- $\frac{1}{2}$  cup tomato soup
- 4 stalks celery
- Parsley flakes

Cook until vegetables are tender. Very good, very non-fattening.

—Lynda Chivawasky.

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### FROSTY LIME DESSERT

- 1 tbsp. unsweetened lime jelly powder
- 1 cup boiling water
- 1 1/4 cups dietetic applesauce
- 6 ozs. evaporated milk (very cold)
- 1 tbsp. lemon juice
- 1 tsp. liquid sweetening

Add boiling water to jelly powder. Stir until dissolved. Chill until jelly begins to set. Add the applesauce and mix well. Add the whipped milk to jelly mixture and beat until well mixed. Pour into 8 sherbets. Chill and decorate with dietetic jelly powder.

Yields 8 servings.

### BAKED LEMON PUDDING

6 servings; each contain **117 Calories**. If made with sugar: **262 Calories** (1 serving = 1/4 cup skim milk, 1/3 bread exchange, 1/2 meat exchange, 1 fat exchange)

- 3 eggs, separated
- 1/4 tsp. salt
- 1 tbsp. Sucaryl solution or 24 tablets, crushed
- 1/3 cup lemon juice
- 2 tbsps. melted butter
- 5 tbsps. flour
- 1 1/2 cups skim milk

Set oven at 350°F. Combine egg whites, salt and Sucaryl; beat until moist, firm peaks form. Combine yolks with remaining ingredients; beat until smooth. Gradually fold egg

yolk mixture into whites. Pour into a greased 1-quart casserole. Set in a pan of hot water and bake 1 hour. Let casserole cool in pan of water to keep pudding from shrinking.

### LEMON COOKIES

4 1/2 dozen cookies; each containing **35 Calories**. If made with sugar: **50 Calories** (4 cookies = 1 bread exchange, 2 fat exchanges)

- 1/2 cup shortening
- 1 tbsp. Sucaryl solution or 24 tablets, crushed
- 1 egg
- 1 tbsp. water
- 1 tbsp. lemon juice
- 1 tbsp. grated lemon peel
- 1 tsp. vanilla
- 1/2 cup shredded dry coconut
- 2 cups sifted flour
- 1 tsp. baking powder
- 1/2 tsp. salt

Cream shortening in small mixer bowl on high speed. Add Sucaryl, egg, water, lemon juice, lemon peel, and vanilla. Beat until thoroughly blended. Mix in coconut. Sift dry ingredients together; add to creamed mixture, mixing thoroughly. Form dough into a roll, 2 inches in diameter; wrap in waxed paper; chill until firm. Cut into thin slices and bake on an ungreased cooky sheet in a hot oven (400° F.) 10 to 15 minutes.

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# moulds

## BLUEBERRY CHEESE MOULD

- 1 envelope unflavored gelatin
- $\frac{1}{4}$  cup cold water
- 1 cup pineapple juice
- 1 tbsp. lemon juice
- 3 egg whites
- $\frac{1}{2}$  cup sugar
- 6 ounces cream cheese
- $\frac{1}{4}$  cup cognac or kirsch
- 1 pint fresh blueberries
- 12 ladyfingers
- 1 cup heavy cream, whipped

1. Soften gelatin in the cold water. Bring the pineapple juice to a boil, add the softened gelatin and stir until dissolved. Add the lemon juice and chill until syrupy.

2. Beat the egg whites gradually, adding the sugar until stiff. Beat the cream cheese with the kirsch or bourbon until fluffy.

3. Beat the gelatin mixture until light and fluffy. Fold in the beaten egg whites, then the cream cheese mixture and half blueberries.

4. Line a 6 cup mold with ladyfingers and turn mixture into it. Chill several hours or overnight.

5. To serve, unfold onto a serving plate. Garnish with whipped cream and decorate with the remaining blueberries.

## ORANGE JUICE MOULD

- 2 pkgs. orange jello
- 2 cups water
- 2 tins orange juice (undiluted)
- 1 can mandarin oranges
- 1 can grapes

Chill jello, water and orange juice until thick, then add fruit.

## STRAWBERRY MOULD

- 1 pkg. frozen strawberries
- 2 pkgs. strawberry jello
- 2 cups water
- 1 cup juice from strawberries
- 2 sliced bananas
- 1 cup sour cream
- 2 pkgs. lime jello
- 3 cups water
- 1 cup juice from pineapple chunks
- 1 can pineapple chunks

Drain strawberries. Make strawberry jello with 2 cups water and 1 cup of juice from strawberries. Let set a little in greased mould. Then mix in berries, and let set until stiff. Add layer of sour cream, layer of bananas, layer of sour cream. Make lime jello with 3 cups of water and 1 cup juice from pineapple chunks. Let jello set until fairly thick, then add pineapple chunks. Add this to the top of the sour cream mixture. Chill.

## BLUEBERRY JELLO MOULD

- 2 pkgs. raspberry jello
- 1 large can blueberries
- 1 can pineapple juice
- 1 small carton sour cream
- 2 bananas

Strain blueberries; use juice and pineapple juice to make 3 cups juice. Heat and dissolve jello. Let congeal partially, then add sour cream (use Mixmaster). Fold in berries and mashed bananas, and pour in mould.

## APRICOT FRUIT MOULD

- $\frac{1}{2}$  tin apricot pie filling (mashed well)
- 10 prunes

Cook a few minutes. Should remain whole. Cool and remove pits. Place a maraschino cherry in each prune and set into a greased mould with the maraschino cherry on bottom.

Prepare 2 pkgs. orange jello, dissolved in 2 cups boiling water, and add 1 cup orange juice.

Pour a little jello over prunes and chill — when prunes are set, take remainder of jello and mix with apricot pulp.

Spoon this mixture into mould. Place in fridge for complete setting.

## SWEET KUGEL

- 1 pkg. noodles — instant medium
- 4 tbsps. oil
- 3 eggs
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  -  $\frac{1}{3}$  cup bread crumbs
- 1 large apple (chopped)
- 1 cup raisins

Sprinkle with cinnamon., top with boiled noodles — cool a little and add remaining ingredients. Bake in greased round pyrex for 1 hr. at 350°. It will unmold in plate.

—Gail Spivak.

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# vegetable dishes

## SAVORY BEETS

- 1/4 cup sour cream
- 1 tbsp. vinegar
- 3/4 tsp. sugar
- 1/2 tsp. salt
- 1/2 tsp. minced green onion.
- dash cayenne
- 2 1/2 cups hot drained, cooked or canned beets either cubed or cut in small pieces.

Combine first six ingredients and add to beets. Heat slowly, stirring occasionally. When hot serve immediately.

## SNAPPY GREEN BEANS

- 2 tbsps. butter
- 1/2 cup finely chopped onion
- 1/4 cup chopped green pepper
- 1/2 cup light cream
- 1/2 tsp. salt
- dash pepper
- 2 cups cooked green beans

Melt butter, add onion and green pepper, cook until onion is tender but not brown. Add remaining ingredients, heat through, add beans and allow to heat for about 10 minutes at low heat.

## SWEET AND SOUR CARROT BALLS

- 1 1/4 lbs. carrots
- 6 eggs
- 3 tbsps. lemon juice
- 3 tbsps. sugar
- 3 tbsps. Matzo meal
- 1 tsp. salt

Grate carrots fine. Beat egg yolks and whites separate, then combine all together. Form into balls.

Prepare in good sized pot:

- 2 beets, cut up
- 1 large onion, cut up

Lay carrot balls on and add enough water to almost cover, add salt, lemon juice and sugar to taste and cook 3/4 hour.

—Becky Feldman.

## PARSNIP PUFFS

- 4 or 5 parsnips
- 1 egg
- 4 tbsps. butter or chicken fat
- salt and pepper to taste
- 2 tbsps. flour

Cook parsnips until tender. Mash with butter and seasoning while hot. When cool add egg and flour and shape into balls. Add a little more flour if you find mixture not solid enough. Dip in flour, beaten egg and fine bread crumbs. Fry in deep hot fat until a golden brown.

## CORN PANCAKES

- 1 can cream styled corn
- 2 eggs
- 6 tbsps. flour
- 1 tsp. baking powder
- Salt

Combine all ingredients. Fry in oil in frying pan, one heaping tablespoonful at a time. Serve with meat.

## POTATO PANCAKES

Grate 3 good-sized potatoes on medium grater. Add 2 eggs, salt to taste. Add a little pepper and onion powder if desired. Mix. Fry in oil in hot frying pan. I like these better than other more complicated recipes.

## GREEN BEANS WITH ONIONS

- 2 pkgs. frozen green beans
- 1 tin mushroom soup
- 1 pkg. frozen french fried onions

Cook beans until almost done. Drain. Mix with 1 tin mushroom soup. Put in casserole and top with onions. Heat in moderate oven until beans are tender and onions crisp.

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### BRUSSELS SPROUTS WITH GOLDEN SAUCE

- 1 lb. Brussels sprouts
- 2 tbsps. butter
- 2 tbsps. flour.
- 1 cup milk
- 1 tsp. salt
- dash pepper
- 1/2 cup grated cheese
- 2 hard cooked eggs

Cook sprouts in salted water until tender. Drain thoroughly. Melt butter, add flour and blend. Gradually stir in milk, cook over low heat, stirring constantly till thick. Add seasonings and cheese. Stir until cheese melts. Chop egg whites and add to sauce, pour over hot sprouts. Sieve egg yolks and sprinkle over top.

### FRIED RICE

Prepare 2 med. packages minute rice.

Cut up fine:

- 6 stalks celery
- 2 big onions
- 1 large green pepper
- 1 can mushrooms

Fry together in oil. Beat and fry 1 egg and cut up. Put in roaster with rice and vegetables. Add a little kitchen bouquet and a little soya sauce and mix well. Add salt and pepper. Heat in oven.

### FRIED EGG PLANT

Choose egg plant that is long but not too big. Peel raw egg plant and cut 1/2 inch slices. Salt each slice lightly on both sides and lay them in a collander trying to spread out rather than on top of each other. This will allow all the moisture to come out. Allow to stand for about half an hour.

Prepare in separate bowls: flour, beaten eggs, that have been seasoned with salt and pepper, fine white bread crumbs. Dip the egg plant slices in this order and fry in deep fat. Handle very carefully while frying and when removing from fat in order to preserve the crust. Serve hot with meat or fish. Any desired sauce may be used.

### BEAN SALAD

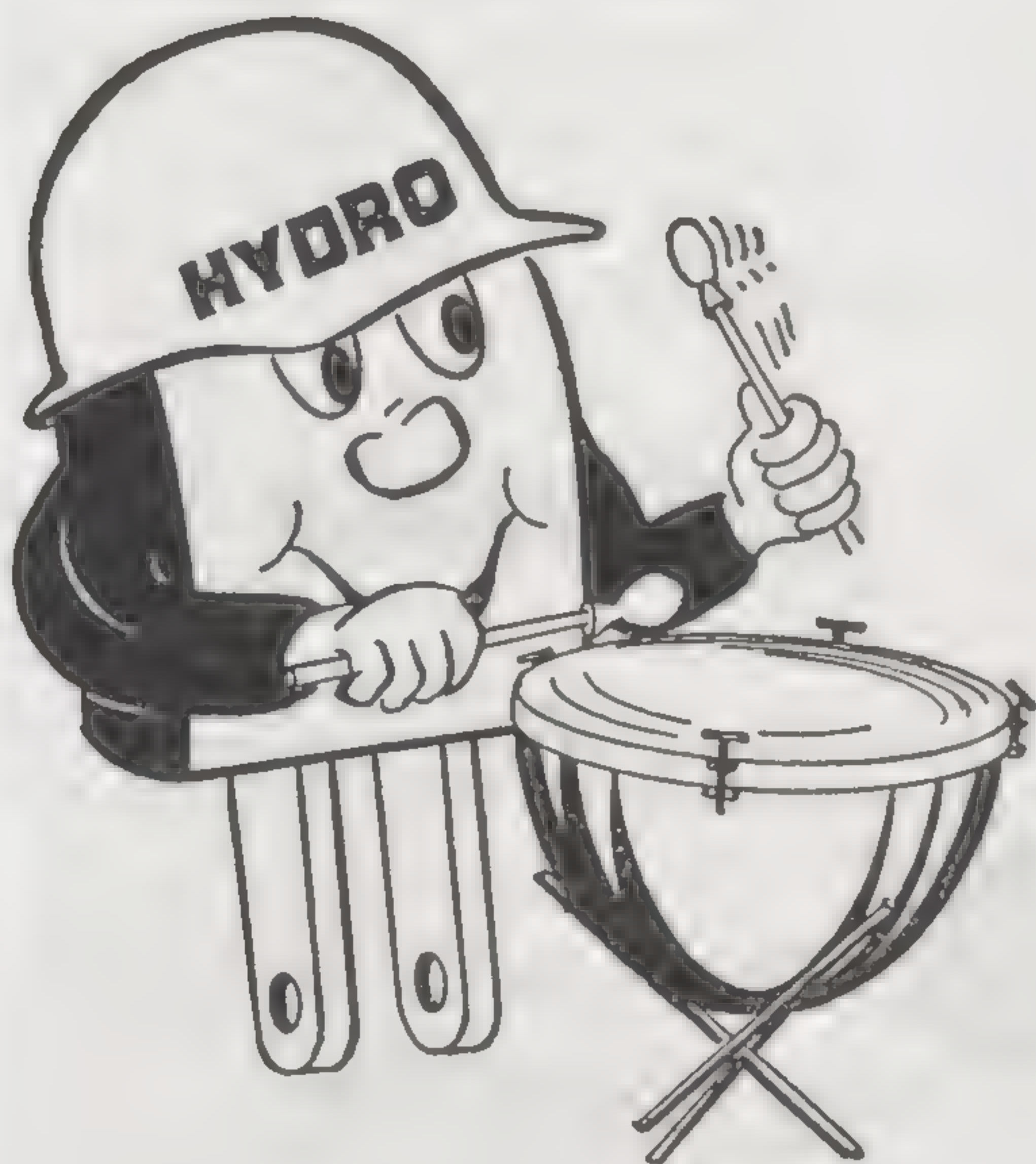
- 1 No. 2 can whole green beans
- 1 No. 2 can whole wax beans
- 1 can kidney beans
- 1 large onion (thinly sliced)
- 1 large green pepper (sliced)

Drain beans well. Add onion and pepper.

Mix together:

- 1 cup vinegar
- 1 cup sugar
- 1/3 cup salad oil

Pour this dressing over bean mixture, and mix well. Refrigerate 12 to 24 hours. Serves 10 to 12.



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# meat and poultry

## BEEF STEW INTERNATIONALE

- 2 lbs. beef, cut in fairly small pieces
- 4 tbsps. chicken fat or oil
- 4 large onions
- salt and pepper to taste
- 2 cloves garlic

Heat oil in a heavy stewing pot. Brown cut up onions stirring often until onions are beginning to turn to a light brown. Put in meat and allow it to brown slowly (use medium heat), stir often to avoid burning. Add water when necessary. Cut garlic very fine and add also salt and pepper and a little water. Now put on cover and allow to simmer slowly, stir often until well browned and meat is done. If you find you have too much liquid cook uncovered until liquid cooks away.

What really makes this dish International is the way it is served in different countries.

Italian: Add a can of tomato sauce and serve with spaghetti.

Roumanian: Serve with mamalige (corn meal).

Russian: Serve with kashe, well browned.

Irish: With mashed potatoes.

Austrian: Cream of wheat.

English: Carrots, peas and potatoes.

American: Served on a slice of white bread.

Chinese: With cooked rice.

Hungarian: Potatoes stewed in the gravy.

French: With croutons.

Jewish: Depending on where your grandmother came from. For Passover serve stew with fluffy matzo meal knadel.

## SWEET 'N SOUR RIBS

### Sauce:

- 2 tbsps. corn starch
- 1/2 cup vinegar
- 1/2 cup water
- 1/4 cup orange juice
- 1 cup canned crushed pineapple (undrained)
- 1/3 cup sugar
- 1 1/2 tbsp. ketchup
- 1/2 tsp. monasodium glutamate
- 1/2 tsp. salt
- 1 tomato chopped
- 1 gr. pepper (chopped)

Mix corn starch and vinegar to a paste. Gradually stir in rest of ingredients, except tomato and gr. pepper. Bring to a boil, stirring constantly. Add tomato and green pepper and simmer covered for 10 min. Pour over short ribs in covered roaster. Bake 1 1/2 hours at 325°. Serve with rice.

—Bev. Davidow.

## PIQUANT MEAT LOAF

- 3 slices white bread, crusts removed
- 1 1/2 lbs. ground beef
- 3 eggs, slightly beaten
- 1/4 cup grated onion
- salt and pepper to taste
- dash of sage

Soak bread in water and squeeze until all moisture is removed, add beef, eggs, onions and seasoning. Pack lightly in greased loaf pan. Spread with Piquant Sauce and bake in moderate oven (350°) for about 1 1/4 hours.

### Piquant Sauce

- 4 tbsps. catsup
- 1 tsp. mustard

Mix and spread over unbaked loaf.

## CHICKEN SALAD (Quick)

Any left over meat or chicken boiled or roasted may be used.

Cut in small cubes the chicken or meat, add chopped celery, green pepper and minced onion. Moisten with Miracle Whip or French dressing. Allow it to stand for about an hour.

Chopped dill pickle or sweet pickles may also be added.

## SWEET AND SOUR VEAL

- 3/4 cup oil
- 1/2 tsp. salt
- 1 clove garlic
- 2 eggs, salt and dash of pepper
- 2 tbsps. flour
- 1 lb. veal
- 1/2 cup chicken broth
- 1/2 cup water
- 1/2 cup pineapple chunks
- 1/2 cup diced celery
- 1 green pepper cut in strips
- 1/4 tsp. ginger
- 1/2 cup sugar
- 1 tbsp. cornstarch
- 1/2 cup pineapple juice
- 1/2 cup vinegar
- 1/2 tsp. soya sauce

Heat in fry pan: oil, salt and garlic.

Make a batter of eggs, flour, salt and pepper and strain. Cut meat in 1" pieces.

Coat well in batter and brown well in oil. Place on paper towels to drain. Pour off all but 1 tbsp. oil. Add chicken broth and water, pineapple chunks, celery, green pepper strips and simmer 15 minutes.

Make a mixture of ginger, sugar, cornstarch, pineapple juice, vinegar and soya sauce. Stir into pan, simmer another 15 minutes. Watch carefully. (1 lb. serves 4).



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## CHILI CON CARNE

- 4 tbsps. oil
- 1 large tin kidney beans
- 1 large tin canned tomatoes  
(mashed to a pulp)
- 2 lbs. hamburger meat, ground
- 1 large onion
- 1 clove garlic (crushed)
- 1 tsp. chili powder
- 1 tbsps. sugar
- salt

Heat fat. Put in meat loosely, then diced onions and garlic. Allow to sear and stir until light brown. Put in beans and tomatoes, chili and salt and sugar. Allow to simmer until done. Cook uncovered.

## SWEET AND SOUR MEAT

- 2 lbs. meat cut into cubes (large)
- 4 large onions
- 1 can tomatoes that have been pressed through a sieve
- sugar to taste
- lemon juice or tartaric crystals  
(to taste)
- salt and pepper

Cook meat and onions as above recipe for stew. After meat is browned and onions have cooked to a paste add tomatoes, sugar and lemon juice, seasoning and simmer slowly, stirring often (cook uncovered).

## VEAL CURRY

- 2 lbs. veal steak diced
- 1 tsp. sugar
- $\frac{1}{4}$  cup sliced onion
- 1 tsp. curry powder
- $1\frac{1}{2}$  tbsps. salt
- Pepper, paprika, dry mustard
- A little grated lemon rind
- 1 qt. boiling water
- 3 tbsps. flour
- 3 tbsps. fat

Carmelize sugar in heavy kettle. When brown add onion and curry. Stir well. Add meat. Brown well. Add seasonings. Mix well. Add water gradually, then flour blended with the fat. Simmer  $1\frac{1}{2}$  hours or until meat is tender. Serve with rice.

## SPAGHETTI

- 2 lbs. ground beef
- 2 large onions (chopped)
- 4 stalks celery (chopped)
- 2 cans small mushrooms
- 3 cans tomato soup
- 1 11-oz. bottle ketchup
- 1 11-oz. bottle chili sauce
- Garlic, salt, pepper
- Tabasco

Saute vegetables first, add meat and brown. Add soup, ketchup and chili sauce. Season with garlic, salt, pepper and tabasco to taste. (For 1 lb. long spaghetti).

Serve with meat balls or veal chops.

## LASAGNA

### Sauce:

In a large pot saute 1 clove garlic (minced)  
1 cup chopped onion in 2 tbsps. oil.

### Add:

- 1 large can Italian tomatoes
- 1 14-oz. tin tomato sauce
- 1 14-oz. tin tomato paste
- 1 cup mushrooms
- $\frac{1}{2}$  cup dry red wine

### Seasonings:

Italian seasoning, Italian spice, blend 4 or 5 shakes each. Salt, (seasoned). Oregano, tabasco, Worcestershire sauce, 2 tbsps. sugar or more to taste, simmer for 1 hour.

### Mix:

- 1 12-oz. container dry cottage cheese
- 1 egg
- $\frac{1}{2}$  cup grated parmesan cheese

Cook and drain noodles.

Assemble, in large utility pan or 2 8" sq. pans, noodles, cottage cheese mixture, layer of tuna fish, layer of grated mozzarella sauce to cover, repeat.

Last layer: noodles, sauce, grated mozzarella, grated parmesan.

Bake for 20 min. at  $350^{\circ}$  until cheese melts. Serve with Caesar salad.

—Bev Davidow.

## COQ AU VIN

Brown chicken pieces which have been dredged in flour. Put chicken and juices in large casserole.

### Add:

- 10 small white onions
- 1 crushed clove garlic
- 1 sprig parsley
- 1 bay leaf
- 8 whole mushrooms (large)  
or tin of button mushrooms
- Salt
- Pepper

Pour 2 ounces warm brandy over chicken. Ignite. When flame dies down add 1 cup dry red wine. Cover. Bake at  $275^{\circ}$  for  $2\frac{1}{2}$  hours. Serves 6.

—Bev Davidow.

## BRISKET ROAST

- brisket roast
- 1 envelope onion soup mix
- 1 tbsps. dry mustard
- $\frac{1}{2}$  cup brown sugar
- vinegar

Bake roast at  $350^{\circ}$  in a covered roaster for 1 hour. Pour off juice. Mix mustard and onion soup and sprinkle over roast. Make a paste from the brown sugar and small amt. vinegar. Pour over roast. Bake covered until tender ( $1\frac{1}{2}$ -2 hrs.)

—Bev Davidow.



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5 - 6 veal cutlets

Cut in small strips and brown in oil. Remove meat and in same pan brown 1 large onion (in big pieces), 6-7 stalks celery (in big pieces), cook until semi soft. Add 1 tin whole mushrooms, salt, pepper and garlic pod. Add meat and make following sauce:

2 cups cold water  
flour (mix flour & water until smooth)

Add soya sauce until deep brown color, add to meat and cook until thick. Place in casserole and cook in oven 30 mins. Just before serving cook 1 pkg. frozen Chinese pea pods and add to mixture.

—Karen Wise.

## SWEET AND SOUR TONGUE

### Sauce:

1 cup water  
1/2 cup ketchup  
1/2 cup chili sauce  
1/4 cup vinegar  
1 cup brown sugar  
lemon juice  
3 large onions, cut small

Brown onions, add other ingredients. Add 6 gingersnaps. Cover sliced tongue with sauce and bake in oven for 2 hours at 300°.

—Estrid Mandel.

## HONEY BARBECUED CHICKEN

3 lbs. chicken fryer cut up in pieces  
1 egg yolk  
1 1/4 tsps. salt  
1/4 tsp. pepper  
1/4 cup honey  
1/2 tsp. paprika  
2 tbsps. soya sauce  
2 tbsps. lemon juice  
2 tbsps. oil

Beat egg yolk slightly, and blend in all the ingredients. Dip chicken pieces in the sauce formed. Lay in a casserole dish. Pour remaining sauce over chicken. Bake uncovered 400° for 30 mins. Turn the chicken over and baste all the chicken. Bake another 30 to 40 mins. or until tender and crisp.

—Elaine Kluner.

## CHICKEN WITH RICE AND GREEN BEANS

1 frying chicken (about 2 1/2 lbs.)  
cut up  
1/4 cup salad oil  
1 cup sliced onions  
1 clove garlic minced  
1 3/4 cups chicken broth  
1 cup uncooked rice  
2 1/2 tsps. salt  
1 tsp. tarragon  
1/4 tsp. pepper  
1/8 tsp. margarine  
1/8 tsp. thyme  
1 pkg. (12-oz.) French style green beans  
(thawed)

1. Brown chicken thoroughly in salad oil in deep heavy skillet and remove from skillet.  
2. Add onions and garlic to skillet, cook 5 minutes, stirring constantly.  
3. Add chicken broth, rice, chicken and seasonings.  
4. Top with green beans.  
5. Cover skillet and cook slowly until rice and chicken are tender and all liquid is absorbed. About 20 minutes.

—Andrea Braunstein.

## CHOP SUEY

2 cups left over roast beef or chicken  
(or more)  
4 tbsps. soya sauce  
1 - 2 tbsps. brown sugar  
4 tbsps. oil  
3 medium size onions sliced  
2 cloves garlic minced  
2 cu. sliced celery  
1 green pepper  
1 cup mushrooms (or tin)  
1 cup water  
2 tbsps. corn starch  
1/2 tsp. salt  
3/4 tsp. seasoned salt  
1/4 tsp. pepper  
1 20-oz. can bean sprouts  
rinsed and drained

Slice meat, combine soya sauce and sugar and meat, let stand 15 min. Fry onions and garlic, add meat, cook 5 min., add veg. and stir, add water and corn starch and soya and seasoning, add bean sprouts, simmer, sauce will thicken.

—Gail Spivak.

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# *fish dishes*

## CREAMED TUNA FISH

- 2 tins peas (without liquid)
- 2 tins mushrooms (without liquid)
- 4 tins tuna fish (without liquid)

Mix together and heat.

### Sauce:

- 8 tbsps. butter
- $\frac{3}{4}$  cup flour
- 2 tsps. salt
- 1 tsp. pepper
- 4 cups hot milk

If too thick add enough milk to thin.

Mix both together, serve on toast or shells;  
20 servings.

## SWEET AND SOUR FISH

- $2\frac{1}{2}$  to 3 lbs. salmon trout
- $1\frac{1}{2}$  cups of vinegar
- $\frac{1}{2}$  cup cold water
- $\frac{1}{4}$  cup brown sugar
- 1 tsp. whole allspice (optional)
- $\frac{1}{4}$  cup raisins
- 2 large onions
- Salt and pepper to taste
- 5 gingersnaps, crushed, or small piece of honey cake

Boil vinegar, water and cut up onions for 20 minutes. Put spices in a cheesecloth bag and allow to boil in above mixture for 15 minutes; remove spices before adding thick sliced fish and all other ingredients. Boil slowly for  $\frac{1}{2}$  hour. When cool, place fish in shallow dish and pour the gravy over it. Slices of lemon may be added.

## BAKED TUNA SALAD

(Ideal for Bridge)

- 2 cans (7-oz.) Cloverleaf Albacore tuna, drained and flaked.
- $\frac{1}{2}$  cup chopped green pepper
- $\frac{1}{4}$  cup chopped onion
- 1 cup chopped celery
- $\frac{2}{3}$  cup mayonnaise
- 1 tsp. Worcestershire sauce
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. pepper
- $\frac{1}{2}$  cup dry bread crumbs
- 2 to 3 tbsps. melted butter

Place tuna pieces in bottom of lightly buttered 1-quart casserole. Combine remaining ingredients. Spread over tuna. Sprinkle lightly with bread crumbs mixed with melted butter. Bake, uncovered, in moderate oven, 350 deg. F., for 20 to 25 minutes. Makes 4 to 5 servings. (Serve cranberry sauce with this crispy, hot salad.)

## FISH COCKTAILS

Skinless and boneless sardines, fresh boiled. Halibut or salmon, chilled, flaked, and piled into cocktail glasses, should be served with the following sauce:

- 1 cup chili sauce
- $\frac{1}{4}$  cup horseradish
- 3 tbsps. lemon juice
- A few drops tabasco juice
- 1 tsp. (optional) onion juice
- $\frac{1}{2}$  tsp. Worcestershire sauce

Mix all together and chill thoroughly or any prepared cocktail mixture can be used.

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- 1 can (1 lb.) Cloverleaf salmon
- 1/4 cup salad dressing
- 1 1/2 tbsps. lemon juice
- 1/4 tsp. pepper
- 1/4 tsp. salt
- 1 cup cooked peas
- 1/2 cucumber, sliced (optional)
- 3 hard-cooked eggs, sliced
- Crisp lettuce torn-up or made into cups
- Crushed potato chips or chopped nuts

Combine salad dressing, lemon juice, salt and pepper in salad bowl. Add salmon, peas, cucumber and egg slices. Toss lightly to mix. Cover. Chill. Spoon into crisp lettuce cups or over torn-up lettuce. Sprinkle with potato chips or chopped nuts. Makes 4 servings.

**SLICED SALMON DISH**

Take six slices (or more) of fresh salmon, sprinkle with Lowery salt, paprika, parsley. Slice half a pound of fresh mushrooms, one onion, one can of mushroom soup.

Place the above in pan lined with tin foil and cover with tin foil. Place in 350° oven for 3/4 hour.

—Mrs. S. J. Pearlman.

**PICKLED SALMON**

- 3 lbs. filleted salmon 1' thick, 2" squares
- 1 large Spanish onion
- 1 jar (16 oz.) Rose brand sweet mixed pickles
- 1 small bottle Heinz ketchup
- Salt and pepper to taste

Slice onion in thin rings and place in bottom of casserole. Place salmon over onions. Pour pickles and ketchup over this. Slowly boil for 45 minutes. Let stand for 12 hours before serving. Cool and store in the refrigerator.

**BROILED FISH IN CORN FLAKES**

- 3 lbs. fish, whitefish, halibut or salmon
- 3 tbsps. butter
- 3 cups corn flakes
- Milk
- Salt, pepper and paprika

Melt butter in baking dish, glass if possible, and brown slightly. Clean fish, fillet and season. Dip fish in milk, then in the finely rolled corn flakes and then in melted butter. Broil for 10 minutes in hot oven. Remove from broiler to lower shelf for 10 minutes more. Serve with any kind of sauce.

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# cheese dishes

## CHEESE KNISHES

- 2 cups flour
- 2 tsps. baking powder
- ½ cup sour cream
- ¼ lb. butter
- ½ tsp. salt
- 1 tbsp. sugar
- 1 egg

Sift dry ingredients, cut in butter, add beaten egg and sour cream. Roll out as thin as possible, put in filling along edge. Roll up, cut off 1½ inch pieces, pinch top and bottom and place in a buttered pan and bake in 375° oven for half an hour or until light brown.

### Filling:

- 1 box dry cheese
- 1 egg
- 1 tbsp. melted butter
- 1 tsp. salt

Mix well.

Serve with sour cream or frozen berries.

## BLINTZES

- 1 cup flour
- 1¼ cups water or milk
- 3 eggs
- salt and pepper

### Filling:

- 1 lb. cottage cheese
- 1 egg
- salt and pepper

Beat eggs, add water and seasoning and stir into sifted flour, beating until smooth. Slightly grease hot skillet, pour in just enough batter to make a thin sheet, and cook until firm enough to turn out on pastry board. Place 1 tbsp. cheese filling on one end and roll, folding in both ends. Brown on both sides in greased skillet and serve hot with sour cream.

Use an 8" frying pan.

## MOCK BLINTZES

Use fresh sliced bread, cut off crusts, roll each slice as thin as possible with rolling pin and butter each slice. Put along one side the following filling:

- 1 pkg. cottage cheese (dry)
- 1 egg
- salt and pepper to taste

Roll up tightly and dip in the following:

- 2 eggs, well beaten
- 1 cup milk
- salt to taste

Fry in butter, and serve hot with sour cream or jam.

## MOLDED CHEESE LOAF

Soak for 5 minutes. Then dissolve over hot water.

- 1 tbsp. gelatin
- ¼ cup cold water

To 1 cup of cottage cheese (dry) add:

- ½ cup cream
- ¼ cup stuffed olives, chopped
- ¼ cup chopped pickles
- ½ cup cream (whipped) additional

Mix and add dissolved gelatin and whipped cream. Pour into loaf pan or mold and allow to chill until firm. (Best if kept over night.) When ready to serve unmold on lettuce and surround with desired vegetables.

## COTTAGE CHEESE SURPRISE SALAD

- 2 pkgs. gelatin dissolved in cold water
- 1 pkg. cream style cottage cheese
- 1 onion, chopped finely
- 2 stalks celery, chopped finely (about ½ cup)
- ½ cup mayonnaise
- 2 cans cream of tomato soup plus enough hot water to make 4 cups soup mixture

Heat the soup enough to dissolve the gelatin. When cool pour over the cottage cheese mixture to which has been added the mayonnaise, celery and onions. Pour into mould and serve on lettuce leaves. Garnish with mayonnaise and sliced stuffed olives.

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### NOODLE COTTAGE CHEESE RING

Beat 3 eggs well.

Add:

- ½ pint sour cream
- 1 ctn. cottage cheese or more
- 3 cups cooked egg noodles (med. or fine)
- A little melted butter

Mix all ingredients and put in well-greased ring mould. Bake in pan of hot water at 325°F. for one hour.

### COTTAGE CHEESE PANCAKES

- 2 eggs
- 1 cup cottage cheese (dry)
- ½ tsp. salt
- 1 cup sour cream
- flour

Mix the cottage cheese with the rest of the ingredients. Add enough flour to make a thin batter. Fry in butter.

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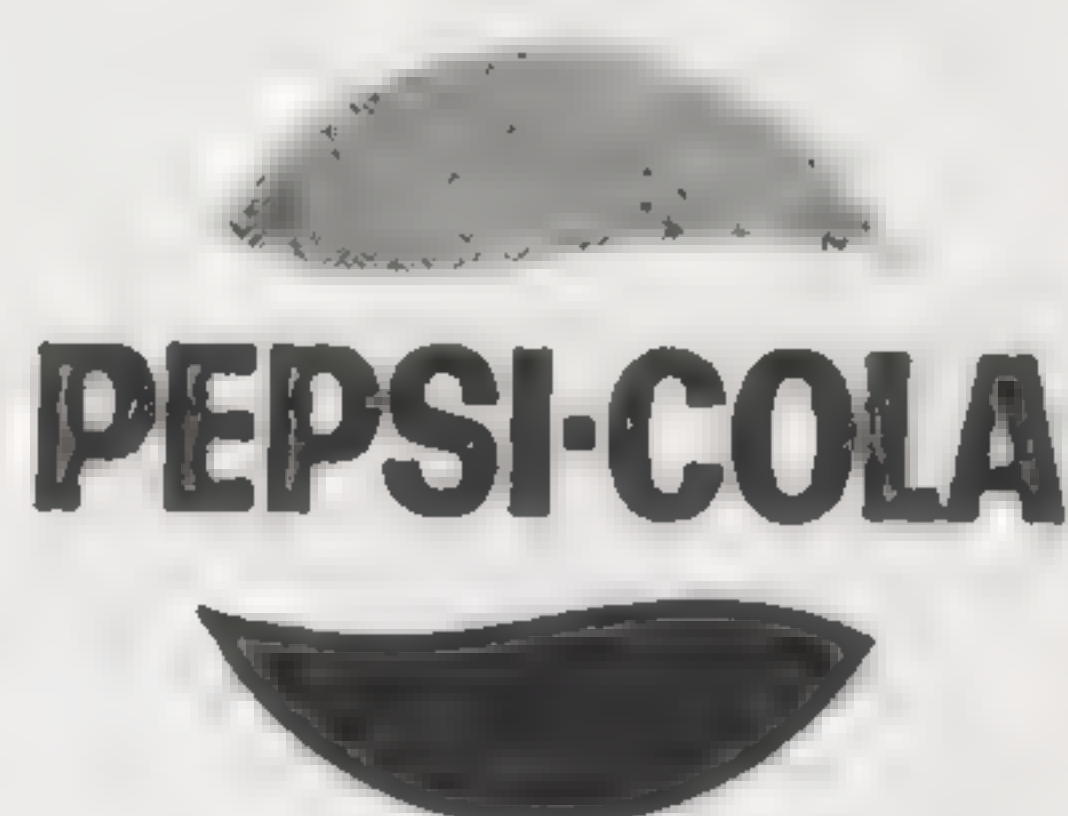
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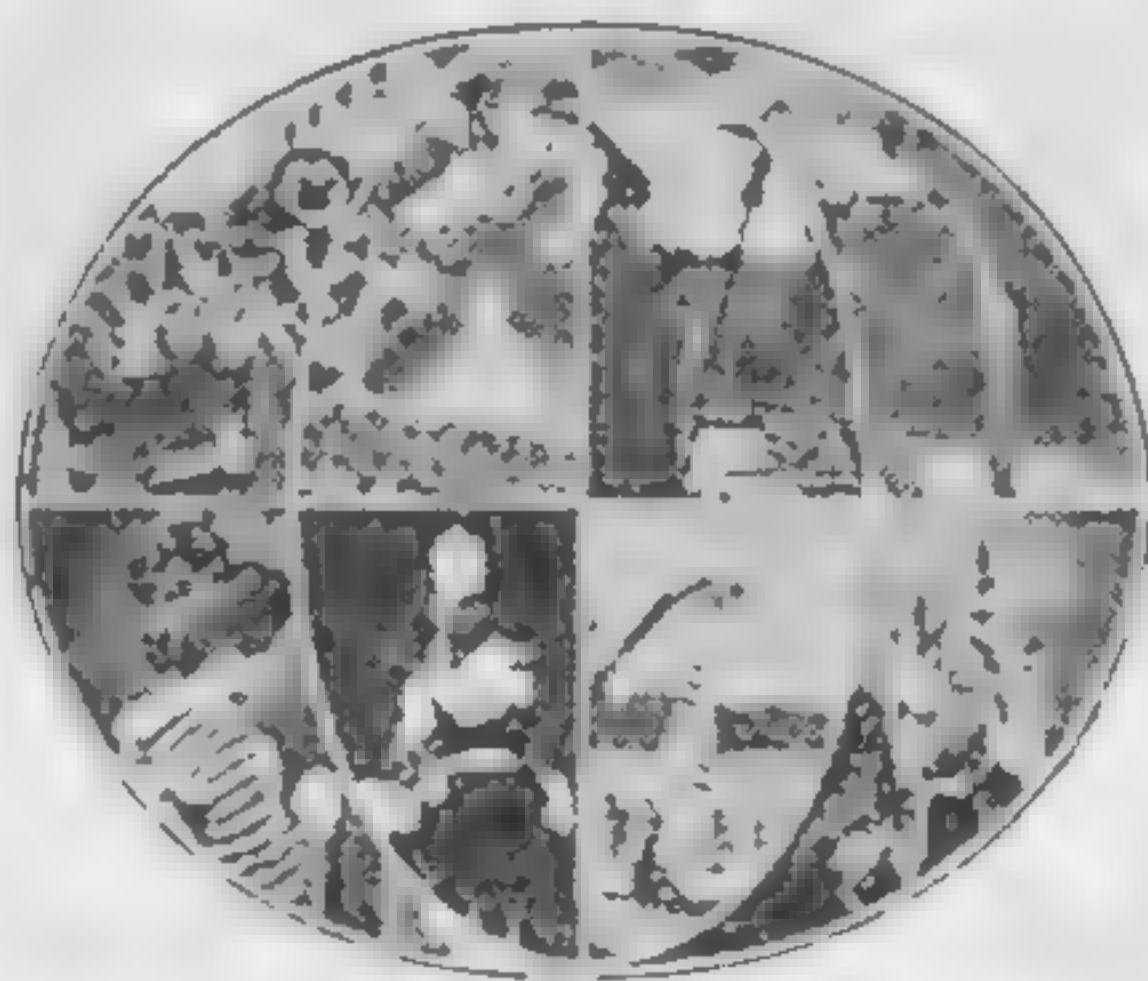


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